

## A "Taste of the South" Here in Visitacion Valley

by Crezia Tano

Ever since he was a young child, Marcus Ward knew he wanted to own his own business. He is no stranger to hard work. At the early age of 16 he had already been involved with small business, working as a home delivery person for a local pharmacy. From that point on he knew he was made to be an entrepreneur.

Marcus's history in Visitacion Valley does not begin with the opening of Miss Mattie's. It stems as far back to 1978 when he bought his very first home and moved his family to the Valley. Marcus has always seen this neighborhood as a promising community, and to this day is a witness to how much it has improved in the past 10 years.

As a young child, Marcus used to take summer trips to the South. Growing up in an urban area all his life made spending his childhood summers in the south a culturally shocking experience. His older cousin Miss Mattie understood that being in Mississippi must be somewhat difficult for him to adjust to, so she did her best to make him feel at home. And in no time, he began to see Jackson, Mississippi as a sanctuary.

It also helped, that Miss Mattie was a fabulous cook. So as a tribute to her Marcus opened up Miss Mattie's Sunflower Blues



Marcus Ward with Andre and Miguel at Miss Mattie's Sunflower Blues Café.

Café at 107 Leland Ave.

Miss Mattie's Sunflower Blues Café is a dream made reality by owner Marcus Ward. The Restaurant's claim to fame is FRESHNESS, never any cans and never anything frozen. The atmosphere is just as much for Marcus to be proud of. The checkered color table cloths, the white picket fences, the soothing sound of a water fountain, and all the little sunflowers sprinkled throughout the café are testaments to how much he believes in his business.

Miss Mattie's Café is an escape. The friendly smiles and "Hello's" from

Miss Mattie's wonderful employees, Andre and Miguel will make you feel at home. So stop by and say "Hi!" and remember a time and place, where you felt safe, relaxed and carefree.

### What to Order

\*If it's cold outside... Chicken Soup - it's my favorite!

\*If you have a sweet tooth... a slice of Lemon Cake.

\*If you are really hungry... the Marcus Burger - shhh, it's not on the menu.

\*If you want to be healthy... any of the four different Salads.

## New State Laws Possible for ID Theft and Officer Protection

Four public safety bills aimed at combating identity theft, high-tech "phishing" scams peace officer protection and parole reform cleared their first legislative hurdle Apr. 25 after being approved by a public safety committee of the State Senate.

"It is imperative that these bills become law," said Senator Chuck Poochigian (R-Fresno) who authored the bills. "California laws need to deter identity theft by targeting thieves who prey on the personal information of multiple victims, and commit crimes using stolen identities."

Bills that advanced include:

\*Enhancements for ID Theft Traffickers (SB 1387): This bill increases penalties for identity theft involving five

or more victims. Under existing law, many thieves can only be charged with misdemeanors for possession or trafficking of identifying information, regardless of the number of victims. The bill also patches a hole in the law. Currently an identity thief who illegally possesses a Social Security card can be charged with a felony, while the same thief who illegally possesses a Social Security card number can only be charged with a misdemeanor. In an age when transactions are completed over the Internet or telephone, it is not necessary to have the card in hand. Additionally, this bill creates a two-year enhancement for repeat offenders and a one-year enhancement for targeting seniors.

minors or deployed military personnel.

\*Criminal Identity Theft (SB 1389):

This measure makes it easier to prosecute a thief who is illegally using someone's identity to commit a crime that results in his victim being charged and prosecuted for the crime. Under current law, if the victim is detained, subjected to arrest, or jailed, the perpetrator cannot be charged with criminal identity theft because the victim was not fully prosecuted. Estimates suggest that there are more than a million new victims of this invasive and increasingly common class of crime every year. While our state is leading the nation by requiring consumer notification when personal or financial information may have been compromised, we have taken little action to actually deter thieves from committing identity theft in the first place.

See Page 6

## Walking Tours of Visitacion Valley in May

You are invited to join Valley resident Cynthia Cox on Saturday, May 27 for one or both parts of a City Guides-sponsored walking tour of the neighborhood named by 18th-century Spaniards lost in the fog and part of the only local Mexican land grant deeded to an Anglo.

Both tours will begin at the current Visitacion Valley Branch Li-

brary at 45 Leland Ave., will last approximately two hours, and will include many of the sites and stories featured in the recently released Arcadia book, *San Francisco's Visitacion Valley*.

These tours are free, although donations to City Guides, an all-volunteer non-profit organization, are encouraged.

\*Part I - 10 a.m.: The morning's focus is on the Valley's commerce and transportation, past, present and future, with a foray into the Spanish-style Little Hollywood enclave east of Bayshore and a stop at Silvestri's statuary showroom.

\*Part II - 2 p.m.: The afternoon walk concentrates on the Valley's community life - including Eichler housing, a Julia Morgan church, landscaped greenways and more - all reflecting the rich history and emerging promise of the "Valley of the Windmills." This walk is somewhat strenuous.

## Valley History Project Part of S.F. History Day

Visitacion Valley History Project, a group of five neighborhood authors who compiled and released *San Francisco's Visitacion Valley* last fall, were scheduled to speak at two late April events.

On Apr. 25 they were part of a San Francisco History Association presentation at Mission Dolores Auditorium where they provided "a rare glimpse into this little known San Francisco neighborhood."

The History Project, comprised of local historians Cynthia Cox, Edie Epps, Jackie Fishstrom, Russel Morine and Betty Parshall, was also slated as an important part of an Apr. 30 event at 10:30 a.m. celebrating San Francisco History Day at the S.F. Flower Conservatory, Lincoln Way and 9th Ave. in Golden Gate Park and sponsored by Arcadia Publishing.

## Spring Open Studio at Hunters Point Shipyard

The largest artist community in US celebrates Hunters Point Shipyard's long-awaited redevelopment at the 15th Annual Spring Open Studio, on Saturday and Sunday, May 6 and 7 from 10 a.m. to 6 p.m. Admission and parking are free.

## Mayor Challenges City to Shape Up

Mayor Gavin Newsom launched a new fitness initiative on Apr. 26 called the *Mayor's Challenge: Shape Up San Francisco*, a comprehensive policy and program initiative that will increase opportunities for fitness and improved nutrition.

*Shape Up San Francisco* is a public-private response to increasing levels of obesity and the resulting health outcomes among San Franciscans. The initiative includes partnerships with Kaiser Permanente, Team Up for Youth, the California Endowment, and City departments like Department of Children Youth and Their Families, the Recreation and Park Department, and the Department of Public Health and Human Resources.

"My Challenge will address the serious public health epidemic of obesity, inactivity and poor nutrition," said Mayor Newsom. "For the first time, American children born today have a lower life expectancy than their parents."

Newsom also said that one-quarter of the children and more than one-third of adolescents in San Francisco are overweight or obese.

"Overweight and obese boys and girls in San Francisco have a 30 to 40 percent chance of being diagnosed with Type II Diabetes," he explained, "which can lead to health challenges now and later in life."

City departments, businesses, community organizations and individuals will be challenged by the Mayor to work together to create environments that help people make the healthy choice.

Several new initiatives will be launched in answer to the Challenge. The Mayor will issue an Executive Order adopting the Shape Up at Work Standards and directing City departments to incorporate the standards as well as worksite wellness into each department's goals and objectives. He will also announce a partnership with Team Up for Youth, who will underwrite the initial costs of a physical activity

council to address gaps and identify solutions that will get more people in San Francisco moving.

"We will be the first city to adopt new Worksite Wellness strategies that are a model for the State and other cities," said Newsom. "The Shape Up San Francisco Council will serve as an important venue to ensure that low income youth have more opportunities to get active."

This summer the Mayor's Summer Lunch Program will be expanded to increase fresh produce in the lunches. In partnership with five other City departments, this program will not only increase consumption of fresh fruits and vegetables, but school and CBO staff will receive training on how to incorporate more physical activity into their programming.

In order to increase healthy food access in the Bayview-Hunter's Point neighborhood, the Mayor announced the re-opening of the Bayview Farmer's Market in May.

The Challenge also consists of opportunities to get people active and moving. This fall, San Francisco's children and youth will be challenged to walk the length of California. Under the leadership of the Department of Children, Youth and Their Families (DCYF), a 12-week youth walking challenge is being developed that provides a regular exercise routine for children and youth and encourages families to be physically active together.

"The Youth Walking Challenge will create opportunities for kids in every neighborhood in the City to walk and enjoy their streets safely," explained Newsom. "so that everyone, whether you live in Cow Hollow or Hunters Point, will feel safe getting out into their neighborhood and getting moving."

Newsom also announced existing work to improve the walkability of the city, including investments in streetscaping and median improvements, and community challenges grants for greening.

## Gas Price Increases Expected to Continue

Gas prices have increased dramatically in the last month and could continue to rise, according to the latest report from AAA of Northern California, which tracks fuel costs as a service to consumers.

"We wish we could tell you there's light at the end of the tunnel, but it's probably an oncoming train," said Sean Comey, spokesman for AAA of Northern California. "Unless international tensions ease to the point where the cost of crude oil drops significantly, there's nothing to suggest that consumer fuel prices will be falling anytime in the near future."

A new report from the Energy Information Administration (EIA) predicts gas prices will increase over the next few months. Tropical storms

that affect oil and gas production could make the situation even worse.

"With another active hurricane season possible this year," the EIA report warns, "news of any developing hurricanes and tropical storms with a potential to cause significant new outages could add to volatility in near-term prices in the latter part of the summer."

"This is probably just the beginning," said AAA's Comey. "People tend to drive more as the weather warms up, and the resulting increase in consumption triggers higher fuel costs."

One way consumers can reduce the amount of money they spend on fuel is to shop aggressively for the lowest price.

## Visitacion Valley Girl's SMART Drive Across the USA

by Russel Morine

Visitacion Valley residents are an adventurous lot.

The ad was simple, "Drivers wanted for cross country trek to showcase the SMART car. Visitacion Valley resident Tara Hui was intrigued and before she could talk herself out of it, she had signed on for the 10-day drive through the Southern States to New York City. This would be no ordinary drive however. It was a drive with a purpose.

The SMART car is a European designed ultra sub compact commuter car. Almost toy like in appearance, the drive across America would demonstrate that just because a car is small, it could still be practical.

Tara joined the band of merry travelers in two days later. When asked why she would make this journey at the drop of a hat, Tara gleefully replied, "I've never driven across the country before and hadn't really wanted too. These days, I though I should travel around within America,



especially the heartlands, just to get some sort of understanding of the people out there. Plus, we are going to New York, how can anyone turn that down!"

But the concept of the SMART car was really her main reason for the journey. Tara, the consummate progressive, was aware of the benefits of the SMART car long before she saw the ad. The tiny car weighs a little over 1,500 lbs., is about 8 feet long and 5 feet wide. It may be small but considering it saves gas,

takes fewer resources to build, and can park in spaces only motorcycles would dare, it just might be a viable option in congested cities. You may not want to take this two seater to Costco, but as a daily community car, it's perfect.

Her journey would not only give her the first hand experience she desired, Tara would show America that "small is not only okay, it's beautiful and desirable"

To learn about the SMART car, check out [www.zapworld.com](http://www.zapworld.com).



## Grapevine Mailbox

### Mental Age Assessment

The following was developed as a mental age assessment by the School of Psychiatry at Harvard University. Take your time and see if you can read each line aloud without a mistake. The average person over 40 years of age cannot do it.

1. This is this cat.
2. This is is cat.
3. This is how cat.
4. This is to cat.
5. This is keep cat.
6. This is an cat.
7. This is old cat.
8. This is person cat.
9. This is busy cat.
10. This is for cat.
11. This is forty cat.
12. This is seconds cat.

Now go back and read the third word in each line from the top down.

### White Ribbon Campaign

Dear Visitation Valley Community,

The education of our children must be our highest priority. A recent report shows that most San Francisco and San Mateo County schools are staffed with qualified teachers and serve diverse student bodies. However, our high schools are overcrowded and inadequately funded.

UCLA's Institute for Democracy, Education, and Access (IDEA) and UC All Campus Consortium on Research for Diversity (ACCORD) recently outlined the current conditions and outcomes throughout California's public schools. For the first time, policymakers and parents can look across the state and see, for every high school, the relationships among California's educational infrastructure, rates of high school completion, and enrollment in the state's four-year colleges and universities.

We are fortunate to see that most of our students have qualified teachers in the classroom and are surrounded by a wonderfully diverse student body, however our schools are way too overcrowded and inadequately funded. This results in lower achievement rates. At Burton Academic High, only 65% of students graduate, and 51% go on to college. At Balboa High, only 56% of the entering freshman high school classes graduate, and only 36% go on to college.

The report, titled "California Educational Opportunity Report 2006," shows that all of our schools have more students per teacher than the national average, and all have more students per counselor than the national average. It is also a fact that almost all the schools in our Assembly district are spending less per pupil than the national average, once cost of living is taken into account. This is simply unacceptable.

It is because of these shortcomings that I authored Assembly Bill (AB) 171. AB 171 establishes the Comprehensive Pupil Learning Support System pilot program (CPLSS). This bill aims to reduce the achievement gap and to reduce the high school dropout rate.

### A Correction

In a front page Grapevine story last month about the Green Stewards program, a grant was funded by the Irene S. Scully Family Foundation.

## GRAPEVINE

Editor: Len Applano

Published monthly by Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134, (415) 467-9300; Fax: 467-3787; visvalley@earthlink.net; Web: www.visvalleygrapevine.com  
Opinions expressed in the Visitation Valley Grapevine are not necessarily those of Visitation Valley Community Center.  
VVCC Executive Director: Julia A. Kavanagh  
Visitation Valley Grapevine, named by Pat Crocker, is a Registered California Trademark of Visitation Valley Community Center © 2006 VVCC. All rights reserved.

AB 171 includes developing standards and technical assistance at schools, and it addresses a greater range of pupil problems within the classroom through an increased emphasis on strategies for positive social and emotional development, classroom management, and enhancing the capacity of schools to handle concerns confronting pupils and their families. The bill requires schools to maximize their use of available resources and appropriate more funding to state education.

While we must continue to work to improve classroom funding and resources for our students, we must also continue to be vigilant against attacks from the Governor and Washington on funding for education. I have and will continue to fight alongside the Assembly Democrats to fully fund Proposition 98 and increase dollars into our classrooms. Please join me in this fight.

Leland Y. Yee, Ph.D., Speaker pro Tempore, California State Assembly  
Leland Yee represents the 12th Assembly District, including San Francisco and San Mateo Counties.

## Keeping Your Home Safe from Dangerous Electrical Hazards

Your home is a safe haven from the world, a place to relax and unwind with family and friends. Unfortunately, hidden dangers may be lurking behind the walls that threaten your safety and that of your loved ones. That's why it's a good time to find out just how safe your home is from electrical hazards.

According to the National Fire Protection Association, there's plenty of reason for concern: Nearly 32,000 fires in the home were caused by faulty house wiring or damaged wiring devices each year between 1999 and 2002. However, there is something you can do to safeguard your home from dangerous electrical hazards. The Leviton Institute recommends that with May being National Electrical Safety Month, homeowners conduct an inspection of their home

## The Streets of San Francisco – Getting to a Smooth Ride

by Mayor Gavin Newsom

Many of us who take to the streets of San Francisco have a harrowing tale to tell that involves potholes or bumpy roads. Throughout the 49-square miles that define this storied City, we have 12,000 city-maintained streets with more than 900 miles of roadway to care for.

Unfortunately, for many years San Francisco has experienced funding shortfalls for street maintenance and improvements. To complicate matters, our current revenue sources are projected to decline. As a result, the condition of the City's street infrastructure has steadily worsened and potholes and pavement failures are more common. To make matters worse, funds are sometimes used for emergency repair rather than preventative maintenance, which ultimately drives costs up in the long run. It's time we did things better. Not only because roadway deterioration affects all us today, but also because it is our responsibility to maintain this infrastructure and improve it for future generations.

I am happy to report that the City received some good news recently when we learned that current year revenue was coming in above budget. Thanks to cooperation between my office and the members of the Board of Supervisors, especially Supervisor Sean Elsbernd, we were able to add millions of dollars for additional City projects, including an extra \$15 million for the City's road resurfacing budget. This doubles the projected funds for next year. These dollars will immediately be used to repave several blocks needing immediate attention. Some of the major streets include Monterey Boulevard, Quintara Street, Valencia Street, Page Street, Mission Street, Portola Drive, and Lincoln Way. In addition a host of smaller neighborhood streets will be repaired throughout the City as part of the additional funding and these projects will begin this month.

Once these roads are paved, one of DPW's essential components in the street resurfacing program is to notify utility companies of upcoming

repaving work so that all work can be coordinated. Although it is an awesome task to coordinate all of the utility work that must be done in advance of road repaving, the time and effort are well worth it. In an effort to keep new street surfaces from being disturbed, a five-year "moratorium" is placed on newly paved roads. Although departments and utility companies are allowed to work under the roadway for emergency situations, overall the "moratorium" rule helps to help protect our investment and minimize disruption to businesses and neighbors. There is nothing worse than seeing a freshly paved road dug into and marred.

It's not enough to just pave our streets, though. I am also happy to report that we are beautifying streets all over the city with an unprecedented amount of tree plantings this year. I had set an ambitious goal to plant 5,000 trees in San Francisco from March 2005 to March 2006. By working more efficiently, our city departments worked collaborative and exceeded that goal by planting 5,583 trees. We are now caring for these young trees while targeting areas to plant more, and we will have planted 25,000 additional trees in San Francisco by 2010.

We can always do more, and I look forward to working with all of you to help maintain and beautify our streets. Please call DPW at 415-28-CLEAN to report potholes, to sign up for volunteer tree plantings, or to report excessive litter, graffiti or illegal dumping.

Maintaining our streets for the enjoyment of pedestrians, bicyclists, drivers and more is a critical function of city government and one of my top priorities. In addition to the local, state and federal dollars that are earmarked for paving, I will continue to look for alternatives to fund better streets programs that improve the quality of life in San Francisco.

NAPS

### Events at Visitation Valley Branch Library

Following are events in March at the Visitation Valley Branch Library, 45 Leland Ave. (at Desmond Street):

\*May 2, 9, 16, 23 and 30, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

\*May 2, 9, 16, 23 and 30, Tuesday: Infant/Toddler Lapsit with stories songs and rhythms for babies and toddlers ages birth-3 at 11:15 a.m.

\*May 10, Wednesday: Preschool Video at 10:30 a.m.

\*May 11, Thursday: Outrageous Origami and Other Unusual Feats - Learn to fold origami creations with Jeremy Shafer, author of *Origami to Astonish and Amuse* from 5:30 to 6:30 p.m. Not into folding? Sit back and enjoy as this accomplished entertainer juggles, unicycles and per-

forms other unbelievable circus tricks. For ages 10-18.

\*May 25, Thursday: Kids Love Kulintang!, a Library sponsored public program at 1 p.m. featuring Filipino gong music, stories and dance with Robert Kikuchi-Yngojo of Eth-Noh-Tec.

### Grapevine Contributions

Contributions to the Visitation Valley Grapevine may be e-mailed to visvalley@earthlink.net or be sent to 50 Raymond Ave., San Francisco, CA 94134 by the 15th of the prior month of publication. Call (415) 467-9300 or Fax (415) 467-3757. The Grapevine office is located on the second floor of the Visitation Valley Community Center.

## Visitation Valley Community Center Senior Program

Funded by S.F. Department of Aging & Adult Services

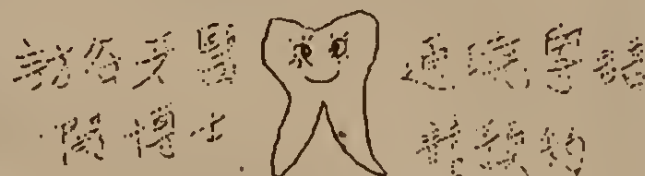
Open 365 Days a Year  
Lunch Served Every Day

Senior Bingo - Holiday Crafts  
Senior Council - Day Outings  
Exercise - Gambling Trips  
Ceramics - Potlucks  
Mahjong - Blood Pressure  
Birthday Parties  
Holiday Celebrations

66 Raymond Avenue 467-4499

## VISITACION VALLEY DENTAL OFFICE

Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue  
San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m.  
Closed on Thursday

Phone 239-5500  
for an appointment

Cantonese Spoken

## ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134

The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.  
Sunday Worship Service: 10:30 a.m.  
Wednesday Bible Study: 11:00 a.m.  
Friday Bible Fellowship: 7:30 p.m.  
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week



## Prop D and the Laguna Honda Special Use District

by John Farrell

First off, many thanks to the over 20,000 San Franciscans who signed our petitions to put Prop D - the Laguna Honda Special Use District Ballot Initiative - on the June ballot. Prop D is the first initiative in the history of San Francisco that is not about money or special interests, but about our most vulnerable citizens getting the care and protection they deserve and the essential services that the voters have overwhelmingly directed our elected officials to provide for them.

What is Prop D? Prop D establishes a Laguna Honda Special Use District to protect and conserve a valuable and irreplaceable health care facility needed for San Francisco's frail, elderly and physically disabled residents requiring long-term skilled nursing care. Specialty medical units such as hospice, dementia, Aids and respite care will continue to be permitted uses. Dangerous patients and those whose medical diagnosis is primarily psychiatric, will not be admitted or retained under this Special Use District, permanently ending the abuse of frail and elderly patients that has occurred due admissions changes. Laguna Honda is not licensed for these types of patients.

Why is Prop D important? First, it sends a message to City Hall that San Franciscans care about our frail elderly and physically disabled neighbors who can no longer care for themselves. We respond to many needs in San Francisco, but we cannot forget our elders. Also, San Franciscans want accountability. They care about promises and want them kept. For too long, politicians have marketed Ballot Initiatives with fine promises, and then twist them around for other purposes. In 1999, 73 percent of voters passed a \$300 million Bond Measure to rebuild Laguna Honda to provide safe long-term care for our seniors and physically disabled.

In February 2004, the admission policy of serving our San Francisco seniors and physically handicapped was put aside by Dr. Katz, the Director of Public Health, to accommodate San Francisco General Hospital patients who were younger, able-bodied and sometimes dangerous. This change displaced our seniors; put our LHH doctors and staff, patients and surrounding neighborhoods at risk without proper safety measures as cited by OSHA. It resulted in patient abuses, increased assaults and an arson fire. Fines and citations by OSHA and State licensing for illegally admitting the dangerous patients followed. This resulting violence and disorder created a public uproar and the old admissions policy was to be put back. But problems have continued.

Sadly, Laguna Honda failed its February 2006 State and Federal Certification survey. Once again, patient violence was cited along with inadequate safety measures to prevent violence and abuse. Citations were issued to many departments and "sub-standard care" was identified. Something is wrong. Laguna Honda has lost its focus. It is not providing the care and safety our seniors deserve, and that we expect as San Franciscans.

Dr. Katz and opponents claim that Prop D will cost \$27 million a year since 300 Alzheimer's, Parkinson's and dementia patients will be ousted from Laguna Honda Hospital make a number of hysterical assertions, none of which are based

### ZooFest for Kids

Children, parents, grandparents, and friends are invited to participate in the San Francisco Zoo's most popular annual family fundraiser, ZooFest for Kids on Friday, June 2 from 6:30 to 8:30 p.m.

Proceeds support the Zoo's conservation and education programs. Call (415) 753-7298 or email leahw@sfozoo.org. The zoo is located on Sloat Boulevard at 47th Avenue.

on fact. Objective experts, who include the Alzheimer's Association of Northern California and the UCSF Aging and Memory Center, agree that Alzheimer's and other dementia patients are not dangerous and would continue to receive care at Laguna Honda as always.

Why a Special Use District, a land use. A change in the Health Code

## Confounded by New Small Business Employment Laws

by Todd Stottlemeyer

In Washington, the focus has been on security, border protection and illegal workers. Regardless of the ultimate results of the debate, which continues as I write, you can be sure that it will be yet another employment law that small-business owners will need to understand and follow.

Today, small-business owners contend with antidiscrimination laws, family, medical and other protected leave laws, wage-hour laws, privacy laws, and workplace safety laws. They often struggle to decipher the mysteries of overlapping, sometimes even conflicting, federal, state and local employment laws.

### Half Of U.S. Adults Lack Adequate Savings

A penny saved is a penny earned...but according to that adage, many U.S. adults are not earning all that much.

That's because almost one-half of all U.S. adults (45 percent) say their household does not have enough money in liquid savings to cover at least three months of living expenses.

Moreover, nearly one in ten adults (9 percent) say their household currently keeps no liquid savings, defined as any savings readily available as cash and not intended for long-term investment.

Among those earning less than \$35,000, the numbers are more striking. Thirty percent of that group maintains no liquid savings.

The most common reason adults who save say they do so is to have a "rainy day" fund for unexpected emergencies. Seventy-three percent cited that as their motivation.

Nearly one-in-three adults (29 percent) are saving for a vacation, the survey found.

The new survey was conducted by Harris Interactive® and commissioned by LexisNexis Martindale-Hubbell's lawyers.com. NAPS

would maintain the authority for LHH in the hands of Dr. Katz and the Health Commission. They have already demonstrated they are not committed to the safety of the patients or the preservation of this facility for long term care for San Francisco's frail, elderly and physically disabled. This special use district serves the City's interest by limiting the restrictions set forth in Prop D to the lot and block which Laguna Honda presently sits on.

For example, in 1993, Congress passed the Family Medical Leave Act, which provides protected medical leave to employees. Nearly every state has adopted some form of this federal legislation. However, state legislation often applies to much smaller businesses and may, in some cases, have even more stringent requirements.

These laws and regulations also are expensive; according to the Small Business Administration, workplace compliance costs small business nearly 10 percent more per employee than it costs large businesses. The problem is compounded by the fact that small businesses often times can't afford human resources or legal departments to give them advice on the laws.

Never before have small-business owners had such an incentive to get educated about employment issues. Far too many companies are sued, and often have to pay huge sums of money, because owners and managers either did not understand the often times confusing provisions of these myriad employment laws, or did not adequately enforce them. Supervisors need to be trained on good personnel practices, and all employees should be aware of discrimination laws—a tough assignment for the men and women who are focused day-to-day on running and growing their businesses.

That's the reason NFIB's Legal Foundation will open an employment law hotline for its members this month, providing them with access to attorneys from Arent Fox PLLC who can answer basic employment law-related questions.

Whether they need clarification on the Americans with Disabilities Act, or want to find out what their business has to do to comply with a certain Occupational Safety and Health Administration regulation, the hotline will help with discrimination and immigration issues, labor and

management relations, non-compete agreements, health benefits and more.

These are questions that often overwhelm small-business owners, but can be easily answered by experts who can assist small-business owners in determining whether they need to seek legal counsel, or if they can solve the problem on their own. That will go a long way toward helping small businesses do what they all want to do—the right thing.

Todd Stottlemeyer is the president of NFIB (the National Federation of Independent Business), the nation's largest small-business advocacy group. A non-profit, non-partisan organization founded in 1943, NFIB represents the consensus views of its 600,000 members in Washington, D.C., and all 50 state capitals. More information about NFIB and the Legal Foundation Hotline is available online at [www.NFIB.org](http://www.NFIB.org) or by calling 1-800-NFIB-NOW

tors and prevent administrators from making admission and discharge decisions based on short-term cost savings without regard to the safety and health of LHH residents or SFGH patients.

Prop D assures that:

\*Laguna Honda will be kept safe for the frail, elderly and disabled who call it home - and for our surrounding communities.

\*Laguna Honda will give priority to frail, elderly and disabled San Francisco residents.

\*Rehabilitation, Hospice, AIDS and Respite Care will continue to provide services to all San Franciscans who need them.

\*Persons admitted to Laguna Honda will continue to have a primary medical rather than psychiatric condition that qualifies them for care.

\*No new taxes or monies will be needed.

Voters need to weigh in on the future of our frail, elderly and physically disabled neighbors at Laguna Honda, and on whether political promises should be kept. In June, Prop D will give you that opportunity.

For more information see our website [www.SF4LagunaHonda.org](http://www.SF4LagunaHonda.org) or call (415) 386-4934.

## Free Trees for Visitacion Valley

June 24, 2006

All Sign-ups must be completed by May 31

You are invited to plant a tree with us in front of your home or business.

The cost of planting a tree, normally more than \$300 if done on your own, is being subsidized by Friends of the Urban Forest. And, due to special funding, the price is now free!! Act now while this funding still exists!!

What you will get, at no cost to you, includes:

- \*FUF's help in selecting the right tree for you
  - \*The tree
  - \*City permit processing
  - \*Checking for utilities and clearances
  - \*Concrete removal
  - \*Planting materials and tools
  - \*Experienced staff and planting volunteers to help plant your tree
  - \*A 2-month and 18-month post-planting tree care visit
  - \*A chance to meet your neighbors and to enjoy a potluck lunch with them immediately following the planting!!
- Trees help to increase your property value, reduce air and water pollution, reduce energy costs, beautify the neighborhood, block wind, absorb noise and build community spirit!! If you would like to sign up, please contact Fran Martin, 415-468-0639 (or Karen Noll, FUF Community Outreach Manager, 415-561-6890, x101)

And don't forget to tell your neighbors, too!!



2177 Bayshore Blvd.  
at the corner of Blanken

(415) 330-0736  
Fax (415) 330-9813

Open from  
10 a.m. to 8 p.m.  
Tuesday-Saturday

"Convection cooking separates the fire from the meat creating the true flavor of our smoky meats which can't be found anywhere else in San Francisco."

## CELEBRATING 10 YEARS!

- \*Full BBQ Baby Back Ribs \$18.50
- \*Full Alabama Smoker Ribs w/ 2 sides \$17.50
- \*Full BBQ Cajun Ribs w/ 2 sides \$17.50
- \*Full BBQ Country w/ 2 sides \$18.50
- \*Full All Star Sampler (4 meats) w/ 2 sides \$17.50
- \*Whole BBQ Chicken w/ side \$5.75
- \*All One-Person BBQ Meals w/ side \$7.75

- \*BBQ
- \*Sandwiches
- \*Seafood
- \*Appetizers
- \*Party Platters
- \*Desserts





## The Sensible Environmentalist

by Dr. Patrick Moore

### Water Efficiency Cuts Utility Bills

Dear Dr. Moore:

Each summer seems to bring more water shortages. Are we heading for a national crisis?

Many parts of the U.S. have experienced water shortages because of drought, but it isn't just a climate issue. It also has to do with rising populations, increasing demand and the cost of expanding supply and treatment systems, assuming there's enough water to make that possible. A group of mayors recently conducted a survey and found that 40% of their cities won't have an adequate water supply in 20 years. We may not be in a full blown crisis yet, but it's on its way—and now is the time to do something about it.

There are many ways to become more water efficient and we need to make this a priority.

By using less, we help to keep rivers and other aquatic environments at healthy levels, reduce pressure on supply and treatment facilities, and cut energy use. For homeowners, using less water can also save hundreds of dollars a year.

According to the World Water Council, North Americans use more water per capita than everyone except the Japanese: about 90 gallons a day, compared to the European average of 53 gallons.

Wasteful practices (such as leaving the tap on when we brush our teeth or shave) comprise 14% of that amount. That's more than 12 gallons a day, per person, treated to drinking quality standards and often heated—that's lost down the drain.

Aside from improving our personal habits, one of the easiest ways to save water is to repair leaks—including running toilets (which can waste up to 200 gallons a day), faucets and outdoor sprinklers. Check the level on your water meter and then don't use any water for two hours. If the reading is different afterwards,

you have a leak.

Among the many ways to save: \*Install high efficiency appliances. A washing machine that's Energy Star certified uses up to 50 percent less water per load than one that isn't, while a high efficiency toilet can save up to 25,000 gallons a year.

\*Reduce water flow with low-flow faucet aerators and showerheads.

\*Run the dishwasher only when it's full.

\*Plant a garden that's suited to the local climate and doesn't need a lot of water.

\*Sweep instead of hosing down your driveway.

These are all common sense ideas, which is why water efficiency represents such a tremendous opportunity to make a difference. We may not be able to prevent water shortages, but we can slow their progress—and quite possibly reduce their impact.

*Dr. Patrick Moore has been a leader in the environmental movement for more than 30 years. A co-founder of Greenpeace, he holds a PhD in ecology and a BSc in forest biology. Questions can be sent to Patrick@SensibleEnvironmentalism.com.*

## Book Review

### Last Boat Out of Vietnam

The legacy of the Vietnam War continues to resonate here in the United States. The current War in Iraq has rekindled debate and discussion about Vietnam, as people share memories and make comparisons.

The war was certainly very tragic for many American soldiers and their families, but we don't often hear stories about the South Vietnamese and their struggles against the Vietcong. After all this time, misconceptions still exist in the United States about what really happened over there.

"What many Americans don't know is how grateful people in South Vietnam are to the American soldiers for giving their lives and helping to defend their country," says Kenny Truong, a survivor of the Vietnam War and member of a proud Vietnamese-American family. Truong's epic family saga is detailed in *The Last Boat Out: Memoirs of a Triumphant Vietnamese-American Family* (GasLight Publishing, 2006).

The book follows the struggles his family went through in Vietnam and car in for a checkup.

8. Wiper blades are like your eyelashes, they help keep debris out of your view and provide you with clear vision. If your wiper blades are leaving streaks, cracking or making noise, replace them. Also, if you plan to drive in ice or snow, you may want to consider winter blades.

9. Regular tune-ups are just as important to your car as regular visits to the doctor are for you. Even if your car seems fine, take it in for periodic maintenance to make sure everything is running in order. Find a trustworthy mechanic who will listen to your questions and explain what is done to your car. An AAA or ASA chapter may be able to point you to a reliable mechanic.

10. The body of the car is much like your skin. Unsightly bumps and scrapes can show up on a car just like they do on their drivers. To keep your car looking its best, try to avoid tight squeezes and parking in spots too close for comfort. Inspect your car regularly and take note of the cars around you. Washing and waxing your car will also help keep the exterior shiny and free from corrosion.

Next time you get into your car and start the engine, take a moment to pause, listen and look. See if you feel any abnormal vibrations or inconsistencies in the start up process. Listen for any irregular noises which could lead to bigger problems. Finally, check your gauges to make sure all your fluids are filled and no warning lights are illuminated. If anything seems slightly off, you might want to take your car in for a checkup.

NAPS

also their triumphant rise in the United States. When he was only six-months old, Kenny and his mother were seriously wounded by shrapnel during a firefight. They endured the constant threat of the Vietcong for years before finally getting on the "last boat out of Vietnam" and coming to America.

"My parents fought all odds and obstacles, and they were determined to bring us to the United States," says Truong. "I learned from Mom that we will never give up and we will never take no for a simple answer." The book was written by Kenny's parents and translated to English by him and his wife, Ton-Nu Phuong-Thao.

It's the story of the family's triumph over incredible adversity and the gratitude they feel toward the American soldiers and sailors who helped in their losing battle, toward the soldiers and sailors who helped them escape, and toward the American people who welcomed them with open arms.

"During our first days in the States, my family had to adjust to new faces, culture, and language, but I knew deep down this great country offered something that Vietnam could not, and that was freedom," says Kenny's father, Truong Nhu Dinh. "We speak for most Vietnamese-Americans when we say we are appreciative for everything the Americans have done for us, especially the soldiers and their families for making the ultimate sacrifices. We owe this country our gratitude and know it will be impossible to repay America."

Here in the United States, hurt and bitterness remain due to the misunderstanding of what happened in Vietnam and misconceptions about the feelings of the South Vietnamese people. Many people still believe that the South Vietnamese didn't want us there and didn't help defend their country. The Truong family wants people to know the truth.

"The elders and babies were carried piggyback by U.S. soldiers," says Kenny's mother, Nga Truong-Nhu. "A young soldier held my hand to help me walk to shore. American soldiers also carried heavy bags for Vietnamese refugees. I was moved to tears by the help from Americans I'd never met before."

It is the family's fervent hope that their message will help to heal old wounds that have festered in the minds and memories of unappreciated servicemen, many of whom gave their lives, both literally and figuratively, to the war. They want to share their story with the world and let them know how their American dream came true.

"America helped strengthen our family values," says Nga Truong-Nhu. "Freedom has eased the pain I felt during the Vietnam War. My children have better lives in America. Freedom and independence are priceless."

## Cooking Corner

### Blueberry Rice Crisp

3 cups cooked brown rice; 3 cups fresh blueberries; 1/4 cup + 3 tablespoons firmly packed brown sugar, divided; vegetable cooking spray; 1/4 cup whole wheat flour; 1/4 cup chopped walnuts; 1 teaspoon ground cinnamon; 3 tablespoons margarine.

Combine rice, blueberries and 3 tablespoons sugar. Coat 8 individual custard cups or 2-quart baking dish with cooking spray. Place rice mixture in cups or baking dish; set aside.

Combine flour, walnuts, remaining 1/4 cup sugar and cinnamon in bowl. Cut in margarine with pastry blender until mixture resembles coarse meal. Sprinkle over rice mixture. Bake at 375 degrees 15 to 20 minutes or until thoroughly heated. Serve warm.

Makes 8 servings.  
More recipes are available at [www.usarice.com/consumer](http://www.usarice.com/consumer). NAPS

## Car Doctor Provides Some Helpful Tips for Extending the Life of Your Auto

You are what you eat, just like you are what you drive. Take a minute to think about how you treat your body. What you eat and how you maintain it can affect the way you feel. Automotive expert, Ron Ananian, known as "The Car Doctor," says you should apply the same mindset to how you treat your car. Many factors can affect your car's lifespan and by understanding its basic functions, you can help to keep it in top shape. Ananian has compiled the following ten tips to help you extend the life of your car.

1. Fuel provides the food, or energy, for your car. If you were to eat a diet filled with fatty foods, you would build up blockage in your arteries. Your car works in much the same way. If you were to only fill it with unbranded fuel, you car's valves, similar to your arteries, could begin to show deposit buildup. Much like eating healthy food can keep your body running well, continuous use of a cleaner-burning gasoline with enhanced cleaning

power like Amoco Ultimate® at BP, can restore performance in cars with engine deposits and keep new car engines running clean. This can result in faster acceleration and reduced fuel consumption.

2. Air filters act like lungs which provide oxygen to the engine. Filters prevent harmful particles such as dust and dirt from reaching the engine. When bad air is absorbed into the engine it can cause irreversible damages, so change your air filters regularly.

3. Oil is like the blood that flows through the veins bringing nutrients to the body, helping it to perform better and last longer. Using a synthetic motor oil, like Castrol Syntec®, can provide superior protection against the formation of power rubbing deposits and will help prevent corrosive particles such as acid, soot and oxidized fuel fragments from causing costly damage to critical engine parts. Don't wait for the warning light to appear on your dash. Change your oil every 3,000 to 5,000 miles

(or whatever your owner's manual recommends).

4. Well-maintained tires, like healthy feet, are critical. Take a close look at your tires and make sure the tread is still raised and the tires haven't "balded" or worn down. Check the air pressure on all four tires monthly to ensure that they are properly inflated, giving you balanced performance and reducing the chance for flats.

5. Brakes serve as the conscience of your car and help to stop you before you encounter sticky situations. Keeping the brake pads clean will prevent wear and tear leading to quicker stops. If you experience grinding or loud squealing when pressing on the brake, replace the pads. If they get too worn down it can cause damage to other parts of the car, including the wheels and rotors.

6. The battery is the nervous system of the car, giving the engine its starting boost while keeping the car's electrical system strong. A battery has an average lifespan of three to five years. Periodically inspect for corrosion or leaking fluid which can lead to battery failure.

7. Fluids are necessary for a car's survival, just like water is to the human body. Check your coolant, radiator fluid, power steering fluid, transmission fluid and brake fluid so that your car can stay hydrated and operate at its full potential. Some of these fluids may require a professional mechanic to change them properly, so be sure to inquire about them when you bring your

## FREE CERAMICS CLASS

For everyone 18 and older at  
Visitacion Valley Community Center,  
66 Raymond Avenue  
Tuesdays from 9 a.m. to 4 p.m.  
*Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like.*  
*We have a wonderful teacher to assist you.*

For more information, call the  
VCC Senior Program: (415) 467-4499

## Church of the Visitacion

Roman Catholic (1907)



### 99 Years in Visitacion Valley

**Daily Masses** (Mon-Fri) 7 a.m. & 5:30 p.m. **Saturday Masses** 7:30 a.m. & 5 p.m.

**Sunday Masses** 8 & 9:30 a.m. (11 a.m. Spanish) 12:30 & 5 p.m. **Our Lady of Visitacion School** Grades K-8 239-7840

**Religious Education:** Grades K-8 (Saturday only) 239-6723

*Come, Let us worship together!*

**655 Sunnydale Avenue  
San Francisco, CA 94134-2838  
(415) 239-5950**

Rev. Zachary J. Shore, Pastor

## JOHN W. KING SENIOR CENTER

500 Raymond Ave. San Francisco, CA 94134

**Nutritional lunches will be served at noon for \$1.50. Come one, come all!**

**The Senior Center has many facilities, including our spacious courtyard and many senior programs for the neighborhood!**

**Arts & Crafts**

**Bingo**

**Ceramic**

**Karaoke**

**Supplemental Food Program**

**English & Computer Classes**

**Call: (415) 239-6233**

**Movies**

**Line Dance**

**Tai Chi**

**Transportation**

**Fax: 239-2262**



## Watercooler Counsel

### by Rich Proulx Screening Hazards

**Q:** If my employee had a pre-existing condition that worsened on the job, are we still liable for paying workers compensation? Can we screen these folks out during the hiring process? -Concerned about Costs, Sacramento, CA

**A:** Your workers' comp policy should cover any portion of your employee's injury that was caused by, or arose in the course of, work. According to Susan Gard, Information Officer for CA Division of Worker's Compensation, if this person's pre-existing condition got worse because of the work he or she was doing — for example, someone with carpal tunnel from a past job gets hired as checker in a grocery store and the injury flares up — your policy might cover some of the injury. However, you would only be responsible for the portion of the injury caused by the work they do for you. This concept is called apportionment. Now, your second question leads you down a dangerous path. You can't deny someone an opportunity to work based on disability. That's discrimination. If you try to do so, you're likely going to spend a lot of money on lawyers trying to defend your practices.

**Q:** The other day, I had a telephone interview for a company that was arranged through a recruiter. The interviewer asked me whether I would have a problem working for someone younger than me — later I found out she asked the recruiter the same thing. A week later, the recruiter told me that the company passed on me. Is this a smoking gun for age discrimination? What action can I take? I don't want to be blacklisted by the potential employer. -Oldie but a Goodie, Menlo Park, CA

**A:** Sounds fishy to me, but what you described is not necessarily proof positive of age discrimination. Such comments might indicate age bias, but you'd need to have more information to know whether that bias resulted in your not being hired. (Who got hired? How old were they? Were they better qualified?) If you wanted to file a charge with the EEOC, they could investigate the selection process and find the answers to those questions. As to being blacklisted, of course it's illegal to retaliate against someone for filing a charge of discrimination. That doesn't mean that it doesn't happen, and when it does happen it may be hard to prove. Ultimately, the decision to file a charge is yours. If you decide to file a charge, you can do so with the EEOC up to 300 days from the date of discrimination (in this case, when you were told you would not be hired), or up to one year with CA DFEH.

**Q:** I'd like to do a favor for my former employees. Is there any problem with coding all their separation forms "at will," so they can qualify for EDD until they get new jobs? -Brent G., San Jose, CA

**A:** The truth is always the best bet. Loree Levy, spokesperson for EDD, says that if someone is laid off due to a lack of work, typically they are eligible for benefits providing they meet all of the other eligibility requirements. If someone is fired or quits, there is no hard and fast rule that they will or will not be eligible for benefits. Each case is determined on its own merits. Providing false information can result in fines and/or penalties for the employer as well as the employee. It is always best to provide the correct information.

**Q:** If I'm 17 and applying for a job where they will only hire people who are over 18, isn't that age discrimination? - Stacy M., Eureka, CA

**A:** I'm afraid not. It's not illegal to discriminate against younger

people. To be protected by age discrimination laws, the magic number is 40 (or over).

**Q:** When I was hired, I was told that I was not allowed to talk about my hourly pay rate with my fellow counselors. Is this legal? -Censured Counselor, San Francisco, CA

**A:** Probably not. According to the NLRB, in the absence of a legitimate business justification, it is an unfair labor practice under the National Labor Relations Act (NLRA) for an employer to forbid employees from discussing their wages. The NLRA, which gives employees the right to form unions, also gives employees the right to engage in "concerted activities" for the purpose of "mutual aid or protection." Discussing wages with coworkers falls under this protection. This is true for union and non-union employees. While not every rule that prohibits discussions of wages with coworkers will run afoul of the NLRA, it may be tough for an employer to establish the required "legitimate and substantial business justification" for such a rule to be permissible.

**Q:** I'm a business owner. A friend of mine recently mentioned that I should be filing an EEO-1 form every year. Can you tell me about this form? -Formless, Spokane, WA

**A:** The form provides a snapshot of the breakdown by sex and race/ethnicity of your workforce. Generally, all private employers with 100 or more employees need to file the EEO-1 form by September 30

of each year (schools, unions and government agencies have a different form). Federal contractors with \$50,000 or more in contracts also have to file if they have 50 or more employees. For instructions on how to file, click on the top result after Googling "EEO-1."

**Q:** My supervisor is Guatemalan. I'm Mexican. He's recently hired lots of Guatemalans and I'm starting to feel left out. Is this discriminatory? -Isolated in Portland, OR

**A:** I would need to have more information to answer your question. Are you being treated differently? How are you isolated? Employees have a right to equal terms and conditions of employment based on their national origin. So, if the Guatemalans are getting any kind of preferential treatment because of their national origin, that would be illegal. Now, if you are feeling left out because you prefer to work with people from your own country, that's another matter entirely. We are fortunate to live in an age of diverse workplaces, and there is nothing that requires your employer to provide you with coworkers from your same country of origin. If your employer is hiring Guatemalans on a preferential basis because they are from Guatemala, then likely there are some applicants who are being discriminated against. You, however, would not be a discrimination victim because you were hired.

**Q:** I recently hired someone to work in my store. When I gave him his first schedule, he said he could

not work on Saturdays because he was a Seventh Day Adventist and it was against his religion. All my employees work an occasional Saturday. Do I need to give him special treatment? -Frustrated Manager, Billings, MT

**A:** Well, the law does require an employer provide employees with needed accommodations because of their religion. There are many types of requests for religious accommodation, such as taking breaks for prayer or wearing religious garb that violates the dress code. To qualify, the employee has to have a "sincerely-held religious belief" that conflicts with a job requirement, and notify the employer of the conflict and need for a change. When it happens, as seems to be the case here, you do have a responsibility to accommodate the employee — as long it does not cause you more than a minimal hardship. If you're a small employer and the only way to have this employee not work Saturdays is by paying thousands of dollars in overtime pay each year, that's probably more than a minimal hardship. However, with a little creativity, these issues can often be worked out without any additional expense, such as scheduling the employee on twice as many Sundays or allowing employees a system of voluntarily swapping shifts.

**Q:** My job requires me to drive a lot for work. I use my own car and pay for my own insurance (the state required minimum). Recently, my employer told me that because of

changes in their global liability insurance policy, I need to pay to increase my amount of car insurance. Can they make me do this? -Lighter Pockets, Sacramento, CA

**A:** Ouch! The bad news is, according to the U.S. Dept. of Labor, under federal law an employer may take deductions (or require employees to pay for work-related expenses) only if it does not bring the person below the federal minimum wage of \$5.15 an hour. The classic example is where an employer provides a miner with the necessary tools or lamps, then deducts the expense of those items from the miner's paycheck. The good news is that since you live in California, state law also applies. According to Renée Bacchini, Public Information Officer for the CA Dept. of Industrial Relations, employers must reimburse employees for "all necessary expenditures or losses incurred by the employee in direct consequence or discharge of his or her duties." If your employer requires that you purchase car insurance in excess of the state minimum required, this expense must be reimbursed by your employer.

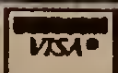
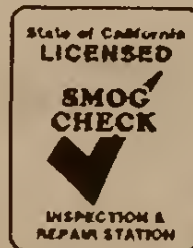
*Rich and his team of government experts cut through the red tape to bring you answers. According to the Bureau of Labor Statistics, 1.4 percent of full time workers were injured or ill in 2004 and missed work for a median of seven days to recuperate. The average hourly wage is \$16.47 (not including farmworkers, supervisors and government employees). Send your questions to richard.proulx@eeoc.gov, whose day job is Supervisory Investigator for the Equal Employment Opportunity Commission www.eeoc.gov. Identifying information in the questions may be fictional.*

# TW AUTOMOTIVE

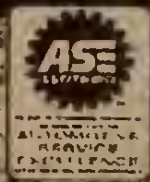
## COMPLETE AUTO REPAIR & MAINTENANCE

- Foreign & Domestic
- Brake Service
- Engine-Transmission
- Fuel Injection
- Electrical Service
- Insurance Work
- Air Conditioning
- Tune-up
- Muffler & Pipes
- Catalytic Converter
- Performance Dual Exhaust
- Custom Bending

Welcome



ASA



# 415-585-8281

2500 BAYSHORE BLVD. (at Visitacion)



## Joe Leland around the neighborhood

**\*Home Based Business:** Are you a Visitation Valley resident operating a home-based business? The Visitation Valley Business Opportunities and Outreach to Merchants (VVBOOM) is planning a networking event to discuss your special needs and to survey the kinds of neighborhood services that might help your business. For more information call Bob Lehman at 415-902-1122 or email 3-list.keeper@sbcglobal.net

**\*Leland Ave Sidewalk Sale:** When was the last time to shopped on Leland Avenue, better known as Downtown Visitation Valley?? Well, on Saturday May 20th (10 a.m.-2 p.m.) you'll have the opportunity to shop till you drop during the Leland Avenue Sidewalk Sales event. This will be the first time Visitation Valley will participate in the annual citywide "Shop the Block" event sponsored by the San Francisco Small Business Commission. Merchants along Leland Avenue will have special one-day sales. Don't miss out. We need YOU to support your merchants! For more information contact VVBOOM program manager Crezia Tano at Ctano@VVBOOM.Org or call 415-587-7896 x104.

**\*Coffman Pool Closing for Renovation:** After numerous delays, the renovation of Coffman Pool will begin in early May. The footprint of the pool will remain the same but the deteriorated building will be torn down and replaced over the following 18 months.

**\*Leland Avenue Street Fair:** The date has been set for what promises to be a fun filled community event. Sunday, September 10th from 10 a.m. to 4 p.m. The Leland Avenue Street Fair will be held along Leland Avenue, from Bayshore Boulevard to Alpha Street. For more information, to volunteer, or to add to our mailing list contact Crezia Tano at Ctano@VVBOOM.Org or call 415-587-7896 x104 or Russel Morine at Rmorine@aol.com or call 415-740-4014.

**\*New Developments at Candlestick Cove:** Where is Candlestick Cove? Today the area just East of Little Hollywood and Highway 101 is called Executive Park but a generation ago, when the area housed the families of shipyard workers during WWII, it was called Candlestick Cove. The current use at the site, an office park, was conceived and developed during the late 60s/early 70s. Due to today's changing office market, the current property owners are proposing to demolish the existing office buildings to make way for high density residential units. The latest proposal working its way through the planning process calls for nearly 500 units of housing in mid rise buildings and condominium towers, one design calls for a 24-story tower. This is in addition to the 450 units of housing approved last year and the nearly 150 units already under construction. For more information about this project please contact the San Francisco Planning Department, Kate McGee 415-558-6367.

**\*Storefront Renovation:** 29 Leland Ave., the recently opened Northeast Community Federal Credit Union will be renovating its storefront during the month of May. When completed, a new entrance and an ATM will be available to customers. The NECFCU is open Mondays, Wednesdays, and Fridays from 11 a.m. to 3 p.m.. Leland Avenue keeps getting better!

**\*Something for the Kids - Dial-a-Story:** If you are 2, 3, 4, 5 or older you can hear stories and poems on the phone by calling Dial-A-Story 24 hours a day, 7 days a week. This is a free feature offered by the San Francisco Public Library. Dial-A-Story Phone Numbers: English - (415) 437-4880; Spanish - (415) 437-4882; Cantonese - (415) 437-4883.

## New Law Would Help Stranded Drivers

Drivers who lose their car keys will save time and money under a proposed new law backed by AAA of Northern California and the Automobile Club of Southern California.

"Why do we need a law to help you get a new ignition key?" asked Sean Conney, spokesman for AAA of Northern California. "Because under the current system it can cost you a lot of money and force you to wait an unreasonably long time just to be able to unlock and start your own car. That needs to change."

Car keys aren't what they used to be. Enhanced technology now often requires a special manufacturer's code in order to make a key that will operate the car.

The problem is many automobile manufacturers don't share these codes. That often forces car owners to buy replacement keys from dealers. The service departments of car dealerships aren't open around the clock and they often charge premium prices for new keys, sometimes more than \$500.

"That means you could be stranded after regular business hours and out a significant amount of money once you finally find someone who can solve the problem," said Alice Bisno, vice president of legislative affairs for the Auto Club of Southern California.

It's a common predicament. AAA receives nearly 6,000 calls every month in California alone for locksmith service where it was necessary to replace the vehicle owner's key. That's why AAA is sponsoring SB 1542, the Consumer Access to Vehicle Information Act. The proposed new law would allow automobile owners to quickly get back into their vehicles and on the road again after a key is lost, stolen, misplaced or broken.

Authored by Senator Carole Migden (D-San Francisco), SB 1542

would provide a secure and convenient way for vehicle owners to access all the information necessary for a locksmith to create a replacement key 24 hours a day, seven days a week.

Security measures would have to be included in the system to prevent a thief from acquiring a key to your car. The details of the proposed system are not specifically spelled out in the legislation because a single solution may not be the best fit for every car company.

"One possible safeguard would be to require a personal identification number to gain access to the specific information for a vehicle," said Conney. "This is the same type of system banks use to protect our money."

AAA encourages its members and the public to contact their representatives in the state Senate and Assembly to express their thoughts on this subject.

## State Laws Possible for ID Theft, Parole Reform

From Page 1

**\*No Firearms for Felons - Peace Officer Protection Act (SB 1545):** This bill doubles the penalty for felons found in illegal possession of a loaded or concealed gun in a public place, allowing an enhancement of one to three years. Approximately two-thirds of cops who are killed by gunfire are killed by felons in possession of a gun. Though felons are legally prohibited from owning or possessing firearms, California's existing penalties often only result in probation.

**\*Rehabilitation Before Release - Accountability in Determinate Sentencing (SB 1635):** This bill attempts to address the problems associated with California's determinate sentencing system by requiring active participation in prison programs before credits are awarded, entrance evaluations of newly admitted inmates, and exit

## Free Phone and Voicemail for Homeless Clients

Project Homeless Connect 10 held its bi-monthly event on Apr. 13 at the Bill Graham Auditorium.

For the first time at this event, homeless clients received a free phone number and voicemail.

GrandCentral, a privately-held, emerging personal communications company, through its community initiative, Project CARE (Communications and Respect for Everyone), provided free local phone numbers and voicemail to those without access to a traditional phone number.

Project CARE provides these services at no charge and will save the voicemail messages for life.

Project Homeless Connect makes a real difference in the lives of thousands of homeless people by bringing together almost 200 non-profit agencies and private businesses along with more than 1,000 volunteers working with the City's healthcare and human service systems.



Ben A. Schaeffer received his phone number and voicemail box card as more than 1,500 individuals attended the Mayor's Project Homeless Connect 10 event on Apr. 13 at Bill Graham Auditorium. Through its Project CARE initiative, GrandCentral provided participants with free local phone numbers and voicemail boxes for life, enabling those in need to always be connected.

## EarthTalk

Dear EarthTalk: Several tragic accidents recently brought to light the lethal dangers of mines to mine workers. What are the environmental issues with mining, including their long-term impact on both public and mine workers' health? - Ed Kelley, Albuquerque, NM

Mining is an inherently nasty practice when looked at from either environmental or health standpoints. For starters, large-scale excavation, which disrupts topsoil and displaces wild flora and fauna, is often needed to get at relatively small amounts of ore. And the leftover waste or "runoff" often contains toxins like mercury and sodium cyanide that can contaminate local water sources. The smelting that processes the ore can cause sulfurous dust clouds that lead to acid rain. And to add insult to injury, abandoned mines are often later used as unregulated landfills for hazardous wastes.

Examples of environmental mining disasters abound. One of the most well known happened in Martin County, Kentucky in 2000, where 250 million gallons of toxic chemical- and metal-containing liquid waste burst through a coal waste dam. That accident killed 1.6 million fish and contaminated drinking water for 27,000 people. Jack Spadaro, who oversees area enforcement for the U.S. Mine Safety and Health Administration (MSHA), didn't put local residents at ease when he told reporters at the time that 200 other locations in the region could do the same at any moment.

The West Virginia-based Coal River Mountain Watch works to prevent disasters of such magnitude

interviews for inmates before release.

"Prosecutors must be given greater tools to lock up felons caught with firearms," said Poochigian. "Playing catch and release with potential cop killers doesn't cut it. We urgently need to reform broken 'ready or not' release programs that parole inmates who have not completed rehabilitation programs, and still pose an imminent danger to society."

## BBB Warns of Home Improvement Scams

With warmer weather, the Better Business Bureau in the U.S. and Canada are warning homeowners to be on the lookout for home improvement scams.

This is the time of year when less-than-reputable or unqualified contractors breeze into town promising a variety of services at cut-rate prices.

by lobbying lawmakers to pass reforms, urging enforcement officials to increase their vigilance and educating the public about the risks in their own backyards. The non-profit group focuses its efforts primarily on "mountaintop removal" mining operations, which blast off the tops of mountain peaks to get at underlying coal deposits. The vegetation and forest loss that results from such operations increases flooding and landslides, and the waste byproducts poison local water sources.

In the United States, Congress has tried to clean up the mining industry through passage of the Surface Mining and Reclamation Act of 1977 and then the Superfund law in 1986 (requiring cleanup of toxic sites, including mines, after they have been abandoned), but enforcement of these laws has been spotty at best.

Mining remains fundamentally dangerous to mine workers as well, separate from the risks of accidental death. Mine workers are often exposed to unhealthy levels of irritants such as asbestos, uranium and even diesel exhaust from heavy machinery. Emphysema and cardiovascular problems are common among miners, and cancer rates are higher than average as well.

Despite highly publicized episodes like the tragic explosion at the Sago mine in West Virginia this past January, MSHA claims that mining has gotten safer for workers in recent years. While 22 workers lost their lives as a result of accidents at mines in the U.S. last year, they say, that figure represents a 50 percent reduction from a decade earlier. Nonetheless, the specter of death looms large over the mining industry, and many workers are scurrying to find jobs in other fields.

Contacts: Coal River Mountain Watch, www.crmw.net; U.S. Mine Safety and Health Administration (MSHA), www.msha.gov.

Dear EarthTalk: What killed all the birds and other sea life last summer on the U.S. west coast? - Nate McKenzie, Bothell, WA

Scientists remain puzzled over what caused such widespread loss of wildlife last summer on the Pacific coast between Northern California and British Columbia. Researchers estimate that more than 100,000 dead seabirds washed ashore, and that as many as 40 percent of the young salmon that normally inhabit the region's coastal waters that time of year were absent. Meanwhile, other researchers recorded massive die-offs of zooplankton, a keystone of the marine food chain, off the coast of Oregon.

While scientists were perplexed, wildlife watchers were just plain depressed. Some reported seeing birds starve to death on their favorite ocean beaches, while others counted abandoned nests instead of

thriving seabird colonies. Beach surveys in May in California found dead birds with emaciated bodies, atrophied muscles and empty stomachs. In Washington, cormorants, normally found dead only occasionally (every 34 miles of beach) were found in substantially larger numbers averaging one every eight-tenths of a mile, according to the Coastal Observation and Seabird Survey Team at the University of Washington. There were also reports of sightings of "emaciated grey whales."

What scientists do know is that cool winds deviated from their normal northerly course in May, and ocean water temperatures rose two to seven degrees above normal during June. This in turn flushed the nutrients normally available near the ocean surface far below, depriving marine wildlife of the all-you-can-eat buffet they have come to expect during the late spring and early summer.

Whether or not the two scenarios were related is unclear, but some say that global warming is an important factor. Quoted in the Seattle Times, Bill Peterson, an oceanographer with the National Oceanic and Atmospheric Administration (NOAA) in Newport, Oregon, said, "People have to realize that things are connected—the state of coastal temperatures and plankton populations are connected to larger issues like Pacific salmon populations."

Nate Mantua, a research scientist with University of Washington's Climate Impacts Group, says that the odd combination of weather conditions in the summer of 2005 would have to repeat themselves frequently over the next two decades to "lend more weight to the notion that something has changed in coastal climate and that it may be linked to global warming." That weight may already be building: According to Science Daily, 2005 was already the third consecutive year in which above average ocean temperatures have occurred.

John McGowan of the Scripps Institution of Oceanography in La Jolla, Calif., told the Seattle Post-Intelligencer, "It's all the way up and down the coast. ... There's a lot of evidence there are important changes going on in the Pacific coast system." Whatever the cause, scientists are eager to see if such a scenario repeats itself in coming years, and will have their monitoring equipment ready and well tuned.

Contacts: Point Reyes Bird Observatory, www.prbo.org; University of Washington Climate Impacts Group, www.cses.washington.edu/cig. Got an environmental question? Send it to: EarthTalk, c/o The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.



# Child Care Centers in Your Neighborhood



Serving the Needs of Children 2 to 5 Years

Breakfast, Lunch and Snacks Served Daily

Potty Training

Quality Teachers with Years of Experience

Applications Are Now Being Accepted!

Come and Hear About the Exciting  
Learning Opportunities for Your Child!

1st Place to Start  
1252 Sunnydale Ave.  
San Francisco  
(415) 333-2659

3 N 1 Learning Center  
240 Leland Ave.  
San Francisco  
(415) 584-8555

For More Information, Please Contact  
Sandra Davis, Executive Director at (415) 333-2659

## Brand New House at Bayview Heights

Offered at \$849,000

Beautiful 5 bedroom,  
4 bath, 4 car garage with  
**PANO BAY VIEW**  
at two levels.

**MUST SEE** to appreciate.

Contact me for a private  
showing or visit  
[www.justynato.net](http://www.justynato.net)  
for detailed information.



## Justyna "Justina" To Neighbor Realtor

屠佩麗

Cell Phone: (415) 830-1235

Voice Mail: (650) 991-5215

[www.justynato.net](http://www.justynato.net)

Century 21 2488 Junipero Serra Blvd., Daly City

我講廣東話及國語。



Grapevine Puzzler The City's "N" Streets

N E N K N I N E Y R E M O G T N O M M D  
K E N E L O B A O J A V A N U E V A A O  
A C W U W O R B V N A N T U C K E T H O  
N U I B T C F T I Y A K S A R B E N G W  
Y I H T E P O R O N O R D H O F F O N H  
N E D A A R E M O N A P O L E O N B I T  
O A N O N N G A N B N E W H A L L A H T R  
R D P O N I A E T A G H T R O N D I T O  
M A F I R O A Y F S D W S E V O E L O N  
A V D V E T R G L H G F E R Z R L L N A  
N E Z N C R H I A O F Z D N S T L Y O G  
D N D V B H H R E R R S S A D H N C R L  
I S F S W N J H I G A Z F P F H O N T E  
E D W D G H F C G D A W H L Z I R A H E  
I G A S A N I W G H G C N E H L W N V S  
L F W A I T N F H H F E V S J L I O I E  
L G N M N E W E L L V Z D F Z G C T E L  
E H I A S F N G W B N W Z C G H H W W B  
N T I S D F G D V B V A M O T A N E E O  
Z N N A M W E N T N I O P H T R O N S N

Nadell	Nauman	Newell	Nichols	Northgate
Naglee	Navajo	Newhall	Nido	North Hill
Nahua	Navy	Newman	Nimitz	North Point
Nancy	Naylor	New	Nob Hill	Northridge
Nantucket	Nebraska	Montgomery	Nobles	North View
Napier	Nellie	Newton	Noe	Northwood
Naples	Neptune	Ney	Nordhoff	Norton
Napoleon	Nevada	Niagara	Norfolk	Norwich
Natick	Newberg	Niantic	Noriega	Nottingham
Natoma	Newcomb	Nibbi	Normandie	Nueva

Historic Proportions

1894

Match clues to answers.

- On July 4, this short-lived republic was proclaimed by Sanford B. Dole.
- An outbreak of bubonic plague here in May killed a total of 2,552 people that year.
- He became tsar of Russia on Nov. 1 after the death of his father, Alexander III.
- Start of the first Sino-Japanese War on Aug. 1 over claims of influence on this common ally.
- First significant American protest march departs Massillon, Ohio on Mar. 25 and arrives at Washington D.C. on May 1
- On Sept. 4, 12,000 tailors here struck against sweatshop working conditions.
- First battery-operated telephone switchboard installed here on Jan. 9.
- Three thousand Pullman Palace Car Company workers here went on a wildcat strike on May 11.
- French president assassinated on June 24.
- A forest fire here on Sept. 1 killed more than 400 people.
- Fire caused a good deal of damage on Jan. 8 here at the World's Columbian Exposition.
- This was sold in bottles for the first time on Mar. 12

- A. Sadi Carnot  
B. Korea  
C. Coca-Cola  
D. Hong Kong

Five Years Ago In the Grapevine

May 2001

\*Friends of Visitation Valley Greenway, the Native American Cultural Center, and the Neighborhood Parks Council hosted a Native American cultural celebration called Weaving Our Roots - Native Art at Hans Schiller Plaza on May 5.

\*North East Medical Services (NEMS) celebrated the grand opening of its new neighborhood clinic at 82 Leland Ave. on May 10.

\*Rev. Dr. Douglas Baer was guest preacher as St. James Presbyterian Church celebrated its 95th anniversary as Visitation Valley's oldest church on Apr. 29.

- E. Minnesota  
F. Lexington, Mass.  
G. Illinois  
H. Hawaii  
I. New York City  
J. Chicago  
K. Nicholas II  
L. Coxey's Army

Answers: 1-H, 2-J, 3-K, 4-B, 5-L, 6-I, 7-F, 8-G, 9-A, 10-E, 11-J, 12-C.

Sez Who?

Match quotes to speakers.

- "Money can't buy you happiness ... but it does bring you a more pleasant form of misery."
- "Don't worry about avoiding temptation As you grow older, it will avoid you."
- "I am opposed to millionaires. But it would be dangerous to offer me the position."
- "I never drink water because of the disgusting things that fish do in it."
- "Maybe it's true that life begins at 50 ... but everything else starts to wear out, fall out, or spread out."
- "I don't feel old. I don't feel anything until noon. Then it's time for my nap."
- "By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher."
- "Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat."
- "I have never hated a man enough to give his diamonds back."

- A. Mark Twain  
B. Zsa Zsa Gabor  
C. Bob Hope  
D. Spike Milligan  
E. Alex Levine  
F. Socrates  
G. W.C. Fields  
H. Phyllis Diller  
I. Winston Churchill

Answers: 1-D, 2-I, 3-A, 4-C, 5-F, 6-C, 7-E, 8-F, 9-B.

As a Matter of Fact

\*The first vaccination ever given was to eight year-old James Phipps of England.

\*The smallest horse is the Falabella, which grows only 30 inches high.

Poor Rix's Almanac

by Rix Quinn

Hey, Poor Rix: What do you know about baseball? - Sports person

What a great opportunity to discuss this sport because it's Poor Rix's second favorite competition, just behind freestyle yodeling.

Baseball combines games that require a glove and a flying bat, but it has nothing to do with vampires.

Two teams of nine players alternate playing defense or offense. (Poor Rix prefers being offensive.)

Baseball takes place on a "diamond," which is four bases arranged in a square. (It's not played on an actual diamond field, because players might be distracted by the bright stones, and forget baseball entirely.)

Offensive players take turns trying to hit a ball thrown by the defensive team's pitcher. The batter hits with a wood or metal stick. However, if he thumps a defensive player or a referee (called an umpire) with his bat, he is not only called out, but might also be jailed.

Once he hits the ball, the batter runs to several bases in sequence. If he touches all the bases correctly, he scores a run. If he runs them randomly, he is called "wacky," and escorted from the field.

The defense tries to prevent the offense from scoring. Eight players with gloves (not mittens) surround the bases. These people catch the ball and throw it to a teammate, who hopefully expects it.

Poor Rix loves to talk about baseball, and sometimes spontaneously sings "Take me out to the ballgame." This occasionally wakes the neighbors.

Dear Poor Rix: Who came up with the idea to shake hands with someone? - Executive

Back in prehistoric times a villager would leave home to hunt for new food, new crops, or a prom date. If he saw somebody he didn't know - quite likely since most settlements contained 13 people and a goat - he'd pull out his knife.

The other person would do the same, and they'd start yelling insults like, "Your hair is poorly cut," or "You smell like a diseased jackal." (Note: Both these statements were true.)

After a few minutes trading insults, they'd put their knives away, and extend their weapon hands. After shaking, they might share a meal, tell crude Neanderthal jokes, and exchange business cards.

Today we know that the handshake is a critical ritual, ranking even higher than speed dating. Here are a few tips for better grips:

- Extend your hand while smiling. When the other person extends his, do not pull yours away quickly and laugh.
- Grip the person's hand moderately. Do not squeeze it hard, because (a) it might break, (b) the person could perceive you as aggressive, or (c) the person might be much stronger than you, and grind your fingers into bone fragments.
- Conversely, a very weak handshake might be perceived as insincere. This shake is called a "dead fish," and is inappropriate unless somebody actually requests a fish.
- Never try to turn the handshake into an arm lock.
- Don't pump the person's hand more than twice. Pumping a person's hand more than five times is called "running for Congress."

Dear Poor Rix: Who came up with the idea to shake hands with someone? - Executive

Back in prehistoric times a villager would leave home to hunt for new food, new crops, or a prom date. If he saw somebody he didn't know - quite likely since most settlements contained 13 people and a goat - he'd pull out his knife.

The other person would do the same, and they'd start yelling insults like, "Your hair is poorly cut,"

or "You smell like a diseased jackal." (Note: Both these statements were true.)

After a few minutes trading insults, they'd put their knives away, and extend their weapon hands. After shaking, they might share a meal, tell crude Neanderthal jokes, and exchange business cards.

Today we know that the handshake is a critical ritual, ranking even higher than speed dating. Here are a few tips for better grips:

- Extend your hand while smiling. When the other person extends his, do not pull yours away quickly and laugh.
- Grip the person's hand moderately. Do not squeeze it hard, because (a) it might break, (b) the person could perceive you as aggressive, or (c) the person might be much stronger than you, and grind your fingers into bone fragments.
- Conversely, a very weak handshake might be perceived as insincere. This shake is called a "dead fish," and is inappropriate unless somebody actually requests a fish.
- Never try to turn the handshake into an arm lock.
- Don't pump the person's hand more than twice. Pumping a person's hand more than five times is called "running for Congress."

Dear Poor Rix: This is my first spring in my new apartment. My girlfriend dropped by last night, and said it's a mess! She says it's time for "spring cleaning." What's that? - George

This annual ritual is older than athlete's foot. Even primitive tree dwellers cleaned their nests each April by sweeping away dead branches, poisonous snakes, and out-of-fashion animal skins.

George, here are a few suggestions to speed through this chore:

1. Wear old clothes, because cleaning can get dirty. (Antique clothes may be defined as "something older than a telegraph.")
2. To energize, play upbeat music. Poor Rix's favorite work songs include "My den is dirty but my mind is clean," and "The kitchen window's grimy and it's givin' me a pane."
3. Get rid of clutter, unless Clutter is the name of your gerbil. Remember that old poem: "A clean room leads to joy among us. A dirty room welcomes Mr. Fungus."
4. Prioritize your tasks by listing projects. Poor Rix's agenda includes: (a) Discard insect collection currently in sock drawer. (b) Buy shower curtain to match shower cap. (c) Check behind couch cushions for coins, folding money, and unpaid bills.
5. Remove musty room smells by opening windows. (Poor Rix successfully removed a musty personal smell by using a product called "deodorant.")

Poor Rix: Since you claim to know so much, what piece of sports equipment is called a "bird cage?" - Baseball Man

You are referring to a baseball catcher's facemask. Maybe they call it a "bird cage" because it protects against fowls.

Poor Rix: You should know how many animals there are in the world. - Curious Bob

I don't know how many animals there are, but several live near my house, and some try to run me off the road at rush hour.

Actually, there are about a million different kinds, including reptiles, birds, fishes, mammals, and politicians.

Poor Rix offers bad answers to good questions. He welcomes your questions at rixquinn@charter.net.

Grapevine Classified

**WVCC BOARD MEETINGS:** Visitation Valley Community Center (WVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are elected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 2nd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitation Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

**VOLUNTEERS WANTED** for WVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, WVCC After School coordinator (415) 585-2059.

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

- "Getting nervous and upset."
  - "Feeling sick on a regular basis."
  - "Feeling like punching out something or someone."
  - "Feeling like screaming."
  - "Can't sleep."
  - "Watching television all night."
  - "Simply not in a happy frame of mind."
  - "Problem making the right choices."
- If you are experiencing any of these symptoms, we need to talk with you. Visitation Valley Jobs, Education and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

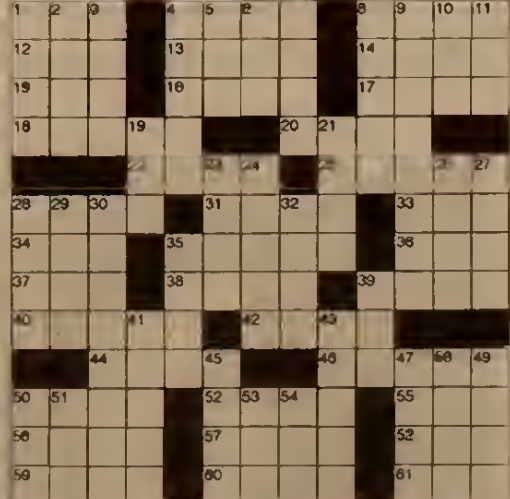
**GRAPEVINE DISPLAY ADVERTISING:** new limited time rates. Full Page \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. Classified 20 words for \$1. Extra line 50 cents. Ad and payments should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave, San Francisco, CA 94134.

Crossword Puzzle

Solution on Page 11

ACROSS

- Luzon people
- Fastener
- Inspire
- East
- Vivacity
- Bad (pref.)
- According to (2 words)
- Pallid
- Biblical giants
- Ankles
- Site of Hannibal's defeat
- N. Caucasian language
- Glacial pinnacle
- Tube
- Gambol
- Bantu language
- Commotion
- Son-in-law
- Standard
- Self (Scott)
- Nutmeg husk
- Migratory worker
- Siberian antelope
- High definition television (abbr.)
- Yemen capital
- Rockies peak
- Yahli tribe survivor
- "Cantique de Noel" composer
- Age
- Sign
- Inclined way
- Turk title



- Defy
- Revise
- The (Ger.) DOWN
- Anti-satellite
- Non-ferrous alloy
- Three-banded armadillo
- Mild
- Axilla
- Rom. first day of the month
- Slavic prince
- Environment

- Able
- Here (Fr.)
- Read-only memory (abbr.)
- Fr. author
- Heb. zitherlike instrument
- Fancy
- Easy job
- High (pref.)
- Pet lamb
- Approve
- Design
- Emery
- Act
- Federal agent
- Egg (pref.)
- Pedestal for a bust
- Allure
- Berne's river
- Conduct
- Goad
- Moselle tributary
- Iodine (pref.)
- Small (Scott)
- Family member
- Male friend (Fr.)

Sump, the Grump





## Visitacion Valley Police Report

by Ingleside Captain Paul Chignell  
**Police Cases**

\*On Mar. 24 at 7:07 p.m., officers went to the 300 block of Cambridge where a suspect had thrown a woman to the ground and beaten her numerous times. The suspect, who lives on the 800 block of Colby, was arrested on two felony charges.

\*On Mar. 26 at 2:16 p.m., officers stopped a vehicle at Sunnydale and Rutland for a stop sign violation. The driver, who lives on Gillette, was driving with a suspended license and had a warrant for his arrest for the same thing. He was booked and his 1999 Honda was towed. At 2:45 p.m., officers stopped a reckless driver on Rutland and Campbell and found him in possession of suspected crack cocaine and marijuana. The suspect lives on Gould.

\*On Mar. 29 at 9:30 a.m., officers arrested a person with no permanent address for violating a stayaway order on the 200 block of Blythdale. He was also wanted on a no bail domestic violence and probation warrant.

\*On Mar. 31 at 6 p.m., officers stopped a vehicle at Leland and Delta for a registration violation. The driver was wanted by the San Mateo County Sheriff for a no bail narcotics warrant. He lives in Oakland. At 6:20 p.m., a police sergeant stopped a vehicle at Geneva and Carter for a registration violation. The driver, who lives on the 600 block of Peralta, was driving with a suspended license and was uninsured. He was cited and his 1995 Nissan was towed.

\*On Apr. 2 at 12:18 a.m., officers went to the scene of an injury accident on the 3700 block of San Bruno. The driver, who was strongly under the influence of alcohol, crashed into a building and also hit a number of parked vehicles. The resident of the first block of Cielto was arrested on drunk driving and speeding charges. His 1997 Lexus was towed.

\*On Apr. 3 at 8:42 p.m., officers responded to the 100 block of Britton where a suspect was sitting in front bleeding profusely from the arm. The officers located a female victim inside the premises who had been repeatedly beaten and held down by the suspect. The victim finally took a knife and cut the suspect to fend him off. The officers arrested the suspect on domestic violence, felony assault, malicious mischief and parole violations.

\*On Apr. 4 at 10 p.m., officers went to the 500 block of Leland and cited a neighbor for malicious mischief for throwing an egg at a car.

\*On Apr. 5 at 1:40 p.m., an officer cited a juvenile at Visitacion Valley Middle School for pushing a door into a teacher.

\*On Apr. 6 at 8:30 p.m., officers arrested a drunken woman who was standing in the middle of the street at Sunnydale and Hahn playing with a garden hose. She resides on the 700 block of Jerrold.

\*On Apr. 7 at 11:01 p.m., a police sergeant was walking through the Sunnydale housing complex when he encountered a suspect who was loitering. The suspect, with no permanent address, was in violation of a stayaway order from the 1600 block of Sunnydale and was in violation of his probation.

\*On Apr. 8 at 11:17 p.m., officers went to the 200 block of Blythdale where a suspect had taken a phone and forcibly struck his girlfriend in the face causing injuries. The suspect, who lives on Turk Street, was arrested on numerous felony charges and a probation violation.

\*On Apr. 10 at 12:28 a.m., officers were on patrol near McLaren Park, at Bacon and Harvard due to community complaints about loitering, public sexual activity and drug use. The officers observed a suspicious vehicle with two occupants. They spoke to both and were given con-

flicting identities. After an investigation they determined that one of the occupants, a resident of Cashmere Street, was wanted on a no-bail narcotics warrant. The other occupant, a resident of Bertha Lane, was wanted on a theft warrant from the San Bruno Police Department.

\*On Apr. 13 at 4 p.m., officers were "flagged" down by a domestic violence victim on the 200 block of Hahn who stated that a boyfriend has previously beaten her on at least two occasions and that today he had threatened to kill her, called her obscene names and pushed her against a wall at a bus stop. The officers took a report and then located the suspect at 6:12 p.m. at Hahn and Sunnydale. He was arrested for terroristic threats, domestic violence, assault and a warrant for the same thing. The suspect has no local permanent address.

\*On Apr. 14 at 4 p.m., officers responded to a market at Sunnydale and Hahn and arrested a resident of the 700 block of Jerrold for felony theft and assault, for striking her husband with her fists and stealing alcohol from the store.

\*On Apr. 16 at 6:13 p.m., officers went to the 100 block of Schwerin where a husband had strangled his wife by the throat, beaten her and dragged her around the residence. The suspect was arrested for domestic violence and false imprisonment.

\*On Apr. 17 at 8:29 a.m., an officer stopped a vehicle at Geneva and Brookdale as the officer knew the driver was operating with a suspended license. The driver, who lives on the 800 block of Amazon, was also uninsured. He was cited and his 1998 Honda was towed. At 3 p.m., an officer was on the 100 block of Brookdale when a driver stopped a vehicle in the middle of the street and then started backing up. The officer observed that the vehicle license number was on her stolen car list. The officer stopped the vehicle with the assistance of other officers. The driver, with no permanent focal address, gave conflicting information as to how he came to be the driver of the stolen vehicle. The driver was arrested for auto theft, receiving stolen property and driving unlicensed.

\*On Apr. 19 at 3:15 p.m., officers were advised by narcotics officers on a surveillance in the area of Delta and Sunnydale that a specific named suspect had just purchased crack cocaine from an unknown individual. The officers located the suspect, who has no permanent local address and arrested him for possession of narcotics.

\*On Apr. 21 at 6:26 p.m., officers were aware that a suspect was wanted on a no bail weapons warrant. They spotted the suspect on the 1700 block of Sunnydale and arrested the local resident, who is a juvenile.

### Police Summaries

\*Mar. 24: 350 Delta St., found 1994 Acura  
\*Mar. 24: Rutland and Tucker St., theft from vehicle.

\*Mar. 24: 1500 block of Sunnydale Ave., malicious mischief, suspect known.

\*Mar. 25: 12:36 a.m., 200 block of Blythdale Ave., shots fired into window.

\*Mar. 25: 12:45 a.m., 200 block of Blythdale Ave., shots fired into vehicle.

\*Mar. 25: 2100 block of Bayshore Blvd., gun shots at house.

\*Mar. 25: 10:45 a.m., Bayshore and Arleta Ave., shooting, right arm and back, under investigation.

\*Mar. 25: 7:00 p.m., 1800 block of Sunnydale Ave., burglary, window, wallet.

\*Mar. 25: First block of Blythdale Ave., theft, cell phone.

\*Mar. 25: 1000 block of Visitacion Ave., breaking windows.

\*Mar. 26: 100 block of Blythdale Ave., vandalism.

\*Mar. 27: Delta and Rutland St., found 1989 Dodge.

\*Mar. 27: 900 block of Girard Sts., theft from vehicle.

\*Mar. 27: 901 Rutland St., stolen 1991 Honda.

\*Mar. 27: 100 block of Ward St., found 16 year-old boy.

\*Mar. 28: 5:50 p.m., Tucker Ave. and Rutland St., robbery, two females drag victim to ground, take purse.

\*Mar. 28: 100 block of Blythdale Ave., found person, 16 year-old boy.

\*Mar. 29: 8:30 p.m., San Bruno and Harkness Aves., robbery, gun, coat and shoulder bag taken.

\*Mar. 29: First block of Garrison Ave., investigative detention.

\*Mar. 29: 1971 Sunnydale Ave., found 1986 Toyota.

\*Mar. 30: 8:02 p.m. (from Mar. 23 to Mar. 30) 3100

block of San Bruno Ave., burglary, DVD, ex-boyfriend suspect.

\*Mar. 30: 1600 block of Sunnydale Ave., breaking windows.

\*Mar. 30: 1800 block of Sunnydale Ave., criminal threats.

\*Mar. 31: 300 block of Velasco Ave., robbery, four suspects, punched victim, took cell phone.

\*Mar. 31: 1500 block of Sunnydale Ave., domestic violence.

\*Mar. 31: 3500 block of San Bruno Ave., burglary, two computers, apartment.

\*Mar. 31: Sunnydale and Delta St., stolen 1985 Dodge.

\*Mar. 31: 1609 Sunnydale Ave., found 1989 Plymouth.

\*Apr. 1: 66 Rey St., stolen 1988 Honda.

\*Apr. 1: First block of Santos St., vandalism.

\*Apr. 1: 400 block of Wilde Ave., dispute.

\*Apr. 2: 100 block of Cora St., mental detention, 47 year-old woman.

\*Apr. 3: 2200 block of Bayshore Blvd., theft from unlocked vehicle.

\*Apr. 3: 200 block of Blythdale Ave., missing 15 year-old boy.

\*Apr. 3: 1700 block of Sunnydale Ave., assault, suspect known.

\*Apr. 4: 3:44 p.m., Mansell St. and Visitacion Ave., victim shot in back, gang related.

\*Apr. 4: 5 p.m., Leland Ave. and Rutland St., drunken man grabs 3 year-old, then releases her.

\*Apr. 4: 9 p.m., 200 block of Blythdale Ave., burglary, vehicle taken.

\*Apr. 4: 400 block of Mansell St., malicious mischief.

\*Apr. 4: 5:50 a.m., 3500 block of San Bruno Ave., robbery, pursesnatch.

\*Apr. 5: 7:45 a.m., Delta St. and Tucker Ave., felony assault, 8 year-old attacked by 12 and 13 year-olds, bloody nose.

\*Apr. 5: 5 p.m., 1200 block of Bowdoin St., credit fraud.

\*Apr. 5: 127 Brookdale Ave., found 1997 Honda.

\*Apr. 5: 1101 Girard St., found 1993 Chevrolet.

\*Apr. 5: 260 Hahn St., stolen 1994 Lexus.

\*Apr. 5: 100 block of Loehr St., found 15 year-old boy.

\*Apr. 5: 1621 Visitacion Ave., found 1991 Honda.

\*Apr. 6: 12 noon, San Bruno Ave. and Ward St.,

robbery, pursesnatch.

\*Apr. 6: First block of Blythdale Ave., mental detention, 31 year-old man.

\*Apr. 7: 3:23 pm Sunnydale and Brookdale Ave., stayaway order violation.

\*Apr. 7: 100 block of Garrison Ave., vandalism, trespassing.

\*Apr. 7: 1600 block of Sunnydale Ave., threats.

\*Apr. 7: First block of Tucker Ave., possible crime scene property.

\*Apr. 8: 20 Argonaut Ave., found 1994 Jeep.

\*Apr. 8: 900 block of Sunnydale Ave., mental detention, 17 year-old woman.

\*Apr. 8: 1900 block of Sunnydale Ave., domestic violence, threats.

\*Apr. 9: 1500 block of Mansell St., found parts of dead deer.

\*Apr. 9: 200 block of Rey St., mental detention, 49 year-old woman.

\*Apr. 9: 1800 block of Sunnydale Ave., 61 year-old man.

\*Apr. 10: 1100 block of Bowdoin St., fraud.

\*Apr. 10: First block of Brussels St., lost passport.

\*Apr. 10: 75 Everson St., found 2001 Pontiac.

\*Apr. 10: 100 block of Oxford St., malicious mischief.

\*Apr. 10: 100 block of Rey St., mental detention, 21 year-old woman.

\*Apr. 10: 1600 block of Sunnydale Ave., breaking windows.

\*Apr. 10: 500 block of Visitacion Ave., vandalism to property.

\*Apr. 11: 3:05 p.m., 200 block of Wilde Ave., robbery, three suspects, pushed to ground, purse.

\*Apr. 11: 8 p.m., Carter St. and Geneva Ave., robbery, strongarm, on Muni bus.

\*Apr. 11: 33 Blythdale Ave., found 1987 Olds.

\*Apr. 11: 700 Velasco Ave., found 1990 Dodge.

\*Apr. 12: 1300 block of Bowdoin St., missing girl, 15 years-old.

\*Apr. 14: Bayshore and Leland Ave., stolen license plate.

\*Apr. 14: 100 block of Blythdale Ave., found 1993 GMC.

\*Apr. 14: 1800 block of Silliman St., found person, 58 year-old woman.

\*Apr. 14: 1971 Sunnydale Ave., found 1990 Toyota.

VISITACION VALLEY GRAPEVINE - MAY 2006 - 9

\*Apr. 15: 12:45 p.m., 3400 block of San Bruno Ave., robbery, pursesnatch.

\*Apr. 15: 10:15 p.m. Leland and Delta St., robbery, strongarm, four suspects.

\*Apr. 15: First block of Blythdale Ave., domestic violence.

\*Apr. 15: San Bruno and Paul Aves., stolen 1995 Toyota.

\*Apr. 16: 200 block of Santos St., arson of building.

\*Apr. 17: 100 block of Britton St., theft.

\*Apr. 17: 1100 block of Girard St., vehicle strip.

\*Apr. 17: 100 block of Blythdale Ave., shooting, two victims, one on hand and the other in buttocks, gang related.

\*Apr. 18: 3900 block of San Bruno Ave., death, 74 year-old woman.

\*Apr. 19: First block of Arleta Ave., medical assist.

\*Apr. 19: First block of Santos St., dispute.

\*Apr. 20: 100 block of Blythdale Ave., graffiti.

\*Apr. 20: 261 Blythdale Ave., stolen 1990 Buick.

\*Apr. 20: Kellogg St., domestic violence.

\*Apr. 20: 118 Loehr St., found 1999 Honda.

\*Apr. 20: 207 Schwerin St., stolen 1990 Honda.

\*Apr. 20: 1641 Sunnydale Ave., found 2006 Pontiac.

\*Apr. 20: 1800 block of Sunnydale Ave., domestic violence.

\*Apr. 21: 11:30 a.m., Geneva Ave. and Crocker Amazon Park, robbery, pursesnatch.

\*Apr. 21: 9:50 p.m., 1600 block of Sunnydale Ave., shots fired, window and car, no injury.

\*Apr. 21: 9:52 p.m., 1600 block of Sunnydale Ave., shots fired, window, no injury.

\*Apr. 21: 700 block of Colby St., theft from vehicle.

\*Apr. 21: 1700 block of Felton St., breaking windows.

\*Apr. 21: First block of Kellogg Ave., threats.

\*Apr. 21: Santos and Blythdale Ave., stayaway order violation.

\*Apr. 21: 207 Schwerin St., stolen 1990 Honda.

\*Apr. 21: 1800 block of Sunnydale Ave., domestic violence.

\*Apr. 22: First block of Santos St., death, 37 year-old female.

\*Apr. 22: 1900 block of Sunnydale Ave., missing juvenile, 16 year-old girl.

\*Apr. 22: 500 block of Visitacion Ave., lost cell phone.

## Don't Let a Curbstoner Take You for a Bad Auto Ride

A recent trend in consumer rip-offs on the streets is called curbstoning.

What is curbstoning? Most states limit the number of cars that a person can sell without a dealer's license or only allow the selling of one's personal car.

Curbstoners ignore these laws and sell multiple cars that frequently have hidden problems in their past problems that can affect both the safety and the value of these vehicles.

Experts say this practice is reaching epidemic proportions, with police officials estimating that nearly 80 percent of the cars advertised in classified ads may be listed by illegal sellers.

Before buying any used car, consumers should make sure that they have done their research on both the vehicle and the seller. Used car buyers

should be wary of sales conducted from the side of the curb or a vacant lot. Often, these vehicles are sold by con men posing as private individual sellers.

Fortunately, there are ways to guard against curbstoners:

- Don't be shy; ask for the seller's driver's license. Ask to see any service records and get a history of the vehicle. For example, reports produced by a service called Carfax can reveal hidden problems in a car's past, such as salvage history, odometer fraud or flood damage.

- Take the car to a trusted mechanic. A physical inspection can uncover problems such as weld marks, water spots and uneven tire treads. These problems can indicate a potentially unsafe vehicle.

- Be leery of a price that seems too

good to be true. Curbstoners try to make fast money and disappear, so get the facts and protect yourself.

- Visit reputable used-car dealers. They'll help you find the perfect car.

- Check for indications of odometer tampering. Is the physical condition of the vehicle consistent with the mileage indicated on the odometer? For example, a car with worn tires, rust and worn seats and floor mats probably has more than 20,000 miles on it. Use your best judgment.

- Finally, make sure that you have a way to get back in touch with the car seller. If there is a problem, you'll have some way of reaching him or her for repairs or returns. Beware of sellers who only give out a cell phone or pager number. Curbstoners often change their locations to avoid being caught. **NAPS**

**Shop Downtown Visitacion Valley**

# Leland Avenue Sidewalk Sale

**Saturday May 20, 2006**

**9:00 am – 2:00 pm**

**Hosted by VVBOOM  
For More Info Contact  
Crezia Tano  
415.587.7896 ext 104**



## Bayview Police Station Update

by Bayview Captain Albert Pardini  
**Robbery Abatement**

On Apr. 6, members of Bayview Station and inspectors from the Robbery Detail conducted a robbery abatement operation in the San Bruno corridor. During the operation, my decoy officer was victimized on two separate occasions.

The first incident occurred on the 2700 block of San Bruno Avenue. The suspect approached the decoy officer and as she passed him, she said something and continued down the street.

Seconds later, she turned around and approached the decoy from behind. The suspect reached over the decoys' shoulder and took money out of his shirt pocket. The decoy gave the signal that he had been victimized and the suspect was taken into custody.

While being walked to a police car, the suspect attempted to get rid of the evidence by throwing the money on the ground.

The second incident occurred on the 2400 block of San Bruno Avenue. The suspect approached the decoy and asked for a cigarette. The decoy complied with his request for a cigarette and after giving it to him, the suspect reached into the decoy's pocket and removed 40 dollars.

The decoy told him to give him his money back and the suspect complied telling the decoy that he should be careful or he would lose his money. The suspect began to walk away when he suddenly turned around, approached the decoy and took 40 dollars from the decoys' pocket.

Having some sense of twisted values, the suspect placed two one-dollar bills in the decoys' pocket. The decoy gave the arrest signal and the suspect was taken into custody.

The decoy operation is designed to catch the predators who prey upon the community and it causes them to think twice before they victimize another citizen. The knowledge that decoys are used creates a climate of apprehension among the predators and they will often think twice before they try to victimize what appears to be a vulnerable citizen.

### Police Cases

\*Sunday, Apr. 2, 8:50 p.m., 336 Lathrop Ave., Fire: At approximately 8:50 p.m., a local neighbor heard a loud explosion and then saw a plume of smoke and fire coming from 336 Lathrop. The neighbor called 911 and fire responded to put out the fire. Officers were dispatched to the location.

\*Wednesday, Apr. 5, 6:30 p.m., Bayshore Blvd. and Paul Ave., Stolen Auto, Assault on a Officer: A 15 year-old boy was arrested after

driving a stolen automobile. The car was spotted by Bayview officers who saw it on a "hot sheet," which is a list of stolen cars that officers post in their patrol cars and spot check during the shift. Numerous units responded to the area. A plain-clothes car moved in front of the suspect vehicle. Officers jumped out the car to try to apprehend the suspect. However, the suspect had the car in drive and the car was heading straight for the officers. One officer had to jump out of the way to avoid being struck by the car. The stolen car rolled into the police car. The suspect and remaining occupants were apprehended. Fortunately, the only thing damaged in this incident was the police car and the stolen car.

\*Saturday, Apr. 8, 12 noon, Felony Theft by False Pretenses: The victim came to Bayview Station and said that he had made a deal with a man to buy 50 percent interest in Giants season tickets. The victim said that he had never seen the tickets, nor had he ever met or seen the man to whom he sent a check for more than \$2,500. The victim said that he had only talked to the suspect by phone. Unfortunately, although the check was cashed, the victim never saw any tickets and after numerous unfulfilled requests for the tickets he was starting to believe that he had been taken. A drivers license number on the cancelled check revealed that the person who cashed the check had numerous arrests in southern California for fraud and ID theft. With the increase in transactions by mail or internet, there are an increasing number of fraud cases as above. Interestingly enough, the victim had suggested using an on line payment service such as Paypal, but the suspect said that he had a problem with his Paypal account, so the victim decided to send a check instead. At least with Paypal or other such services, there are some fraud guarantees. If someone is having trouble with ineur on une accounts pernapas it is because they either do not have one or that it has been suspended because of past fraud. Do not send

### Preventing Cooking Fires in the Kitchen

While there can be such a thing as "too many cooks in the kitchen," having no cooks in the kitchen can be far more common, safety experts say, and potentially far more dangerous.

Statistics show that three in 10 residential fires begin in the kitchen. And, in nearly 75 percent of home fires reported, the person responsible for the fire was not in the area when it started.

The U.S. Consumer Product Safety Commission (CPSC), Underwriters Laboratories (UL) and the Association of Home Appliance Manufacturers (AHAM) have teamed up to offer the following common sense steps

checks or cash to people that you do not know for products or services that you have not seen.

\*Wednesday, Apr. 12, 4:25 p.m., 2700 San Bruno Ave., Robbery with a Gun: The victims were working at the counter of 2700 San Bruno when the two suspects came in and demanded money. One of the suspects showed the victims that he had a 9mm hand gun. The suspects took cash from the cash register and a back storage area. Suspects are described as African American males. The suspect with the gun was 6'5" and 220 pounds, dark clothing and black and yellow basket ball shoes. The second suspect was 5'8" and 170 pounds, wearing dark clothing and white shoes with black stripes.

\*Wednesday, Apr. 12, 9:30 p.m., S.F. General Hospital Emergency Room, Battery on a Nurse: Officers responded to Bacon and San Bruno on a report of a stabbing. When they arrived, the victim was being taken in an ambulance to the Emergency Room at San Francisco General Hospital. An officer arrived at the Emergency Room only to be stopped by a nurse who was treating the victim. The nurse told the officer that the victim spit at her. The victim who was now tied to the gurney and was now wearing a spit mask told the nurse that "his wife was 'gonna come down there and beat her up.'" The nurse signed a citizen's arrest on the victim and he was cited for battery.

\*Sunday, Apr. 16, 2 a.m., Felton St. and San Bruno Ave., Aggravated Assault with a Knife: After an evening of revelry, a group of six friends left the El Toro bar and walked to their car. When they rounded a corner a group of seven Latin males got out of a large SUV vehicle carrying bats and knives. The group of males surrounded the friends. One of the males asked the group, "You wanna die?" The males then attacked the group. Four people sustained non-life threatening stab wounds. The members of the group denied knowing their attackers, however this did not seem like a robbery attempt. Gang Task Force is investigating.

people can take to minimize their risk of a kitchen fire:

- Wear clothing with short sleeves or rolled-up long sleeves to keep them away from open flames.
- Keep cooking surfaces clean.
- Turn pot handles inward and supervise children in the kitchen at all times.
- Always keep an eye on what you are cooking.

Besides unattended cooking, grease fires present a particularly dangerous situation because many peoples' first instinct is to use water to put out the flames, which can actually make the situation worse.

The best way to control a grease fire is to smother it. Make sure you keep a lid near by that fits the pan you're using and, if a grease fire occurs, bring the lid in low and cover the pan to smother the fire. Leave the lid on the pan and allow it to cool. If you have a household fire extinguisher, make sure you know how to properly use it.

NAPS

### Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

\*May 6: Pop-Up Character Books - Make your own pop-up book with make believe pop-up characters in fun and fanciful hats.

\*May 13: Wooden Toy Jumping Jacks - Put together, decorate and paint a colorful wooden toy that can do jumping jacks.

\*May 27: Japanese Brush Painted Scrolls - Learn about the tradi-

## Top 10 Myths in Taking Care of Trees

Should you prune your trees in the Spring? How deep must fertilizer be applied to reach the roots of your trees? Which species of trees should be topped to keep them from falling on your house?

Most homeowners treasure the trees on their property but know little about how to care for them. Much of what you may have heard about tree care is actually incorrect, based on myths and misconceptions. Here are the top 10 myths of tree care.

**Myth #1:** When a tree is planted it should be securely staked to ensure the development of a stable root system and a strong trunk. Although it is sometimes necessary to stake trees to keep them upright and allow establishment, there are some adverse effects of staking. Compared to staked trees, unstaked trees tend to develop a more extensive root system and better trunk taper. Allowing a small amount of movement can help root and trunk development. Of course, the worst effect of staking is the possibility of trunk damage from the staking wires or ties. Staking materials usually should be removed after one year to avoid "girdling" the tree.

**Myth #2:** Newly planted trees should have their trunks wrapped with tree wrap to prevent sunscald and insect entry. Studies using most common tree wraps have shown that they do not prevent extreme fluctuations in temperature on the bark. In some cases, the temperature extremes are worse. Also, tree wraps have proven quite ineffective in preventing insect entry. In fact, some insects like to burrow under it.

**Myth #3:** Trees should be pruned back heavily when they are planted to compensate for the loss of roots. Tree establishment is best on unpruned trees. Although pruning the top can reduce the amount of water that evaporates from the leaves, the tree needs a full crown to produce the much-needed food and the plant hormones that induce root growth. The tree will develop a stronger, more extensive root system if it has a fuller crown. Limit pruning at the time of planting to structural training and the removal of damage branches.

**Myth #4:** When removing a branch from a tree, the final cut should be flush with the stem to optimize healing. First of all, trees don't "heal" in the sense that wounds on people heal. Our bodies regenerate tissues in much the same form of the tissues that were removed (to a limited extent). Trees compartmentalize wounds, generating woundwood over the wounded area. Flush cutting removes the "branch collar," creating a larger wound than if the branch were removed outside the collar. Also, it is likely that some of the parent branch tissue will be removed. The spread of decay inside the tree is greater with flush cuts.

**Myth #5:** Pruning wounds greater than three inches in diameter should be painted with a wound dressing. Research has shown that the common wound dressings do not inhibit decay, do not prevent insect entry and do not bring about faster wound closure. In fact, many

of the commonly used dressings slow wound closure.

**Myth #6:** Certain fast-growing, weak-wooded trees such as silver maple and Siberian elm should be "topped" to make them less hazardous in the landscape. While topping these trees may reduce the potential hazard at first, they will likely be more dangerous in the future. Topping stimulates growth of twigs below the cuts. Growth of many, vigorous shoots leads to branches with weak attachments. Also decay spreads inside the stubs and branches that were topped. Within 2-5 years after topping, the tree will have regained its height, but will be more hazardous than before the topping. Besides, topping makes trees ugly. Alternatives to topping include thinning, cabling, or removal and replacement with a more suitable species.

**Myth #7:** If certain species of trees are pruned early in the spring, they will "bleed," stressing the tree and causing health problems. True, some trees such as maples and birches will "bleed" or lose sap from pruning cuts made early in the spring. This bleeding does not hurt the tree, and the loss of sap is inconsequential. With a few exceptions, most routine pruning can be done anytime of year. The worst time is just as the tree has leafed out in the spring. The best time is when the tree is dormant. To maximize flowering for the following year, prune just after bloom this year.

**Myth #8:** The root system of a tree is a mirror image of the top. Many people envision a large, branching taproot growing deep into the soil. Actually, taproots are very uncommon in mature trees. If taproots do develop, they usually will be forced into horizontal growth when they encounter hard subsoils beneath the surface. The entire root systems of most trees can be found within three feet of soil. The spread of the root system however, can be very extensive, often extending 2-3 times the spread of the crown.

**Myth #9:** Trees require "deep root fertilization" to reach their root system. In most U.S. soils, the vast majority of trees' fibrous, absorbing roots are in the top eight inches of soil. Roots grow where conditions are best for root growth, where water and oxygen are available. When we place fertilizer 12" - 18" deep in the soil, we are putting it too deep.

**Myth #10:** When a tree has lost a significant portion of its root system such as in construction damage, the crown should be cut back to compensate for root loss. While this is a common recommendation, research has not supported it. Following root loss, unpruned trees seem to respond better than pruned trees. Obviously, any removal of branches will reduce the capacity of the tree to produce food in the leaves. Although the tree will probably lose some branches as a result of the root damage (if the tree survives the trauma), it is best to let the tree decide which ones. Thus, pruning should be limited to hazard reduction at first. Later, after the tree has responded to the damage, further pruning would be in order.

Get advice from an arborist. An arborist is a professional in the care of trees. A qualified arborist can give you sound advice and can provide the services your trees may need. Good arborists will perform only accepted practices. When choosing an arborist, look for ISA Certification, membership in professional associations, and ask for proof of insurance. Be wary of individuals who go door-to-door offering bargains for doing tree work. Don't be afraid to check references.

The International Society of Arboriculture (ISA), headquartered in Champaign, Ill., is a nonprofit organization supporting tree care research around the world. As part of ISA's dedication to the care and preservation of shade and ornamental trees, it offers the only internationally-recognized certification program in the industry. For more information, contact a local ISA Certified Arborist or visit [www.treesaregood.com](http://www.treesaregood.com) <<http://www.treesaregood.com>>

## Free Trees for Little Hollywood

June 24, 2006

All Sign-ups must be completed by May 21.

You are invited to plant a tree with us in front of your home or business.

The cost of planting a tree, normally more than \$300 if done on your own, is being subsidized by Friends of the Urban Forest. And, due to special funding, the price is now free!! Act now while this funding still exists!!

What you will get, at no cost to you, includes:

- \*FUF's help in selecting the right tree for you
  - \*The tree
  - \*City permit processing
  - \*Checking for utilities and clearances
  - \*Concrete removal
  - \*Planting materials and tools
  - \*Experienced staff and planting volunteers to help plant your tree
  - \*A 2-month and 18-month post-planting tree care visit
  - \*A chance to meet your neighbors and to enjoy a potluck lunch with them immediately following the planting!!
- Trees help to increase your property value, reduce air and water pollution, reduce energy costs, beautify the neighborhood, block wind, absorb noise and build community spirit!! If you would like to sign up, please contact Rick Graham, 415-468-5838 (or Suzanne Gavin, FUF Community Outreach Manager, 415-561-6890, x101) before May 21. And don't forget to tell your neighbors, too!!



## Visitacion Valley Business Directory

Valley free listings in the 415 area code.  
Call the Grapevine at (415) 467-9300.

### ANTIQUES

J.M. CHINESE ANTIQUES & AQUARIUM, 144 Leland Ave., 586-1038

### AUTOMOTIVE

BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130

BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239

BROTHER'S AUTO BODY, 2520 Bayshore Blvd.

CHARLIE'S GARAGE, 2560 Bayshore Blvd., 239-7450

TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

### BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

### BAKERS

LITTLE QUAPQ BAKE SHOP, 169 Leland Ave., 239-2253

### BARBERS

DeMASI'S BARBER SHOP, 35 Leland Ave.

THE SHOP (JB), 178 Leland Ave., 239-6709

### BEAUTICIANS

BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261

MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381

MIZ RENAI'S SALON, 19 Blanken Ave., 467-3399

NAILS BY JENNY, 50 Leland Ave., 333-6800

WHO'S BADD, 224 Leland Ave., 667-3156

### BLIND CLEANING

SPEEDY ULTRASOUND BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506

### BOARDING HOUSE

ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

### BOOKKEEPERS

AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927

VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

### CARPETS

HANSEN INTERIORS, 41 Leland Ave., 333-6382

### CASKETS

CASKETORIUM, INC., 93 Leland Ave., 586-3451

### CHURCHES

CHURCH OF THE VISITACION, 656 Sunnydale Ave., 239-5860

IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.

KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

RIDGE VIEW UNITED METHODIST CHURCH, 580 Leland Ave., 239-5457

ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381

VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055

VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

### COFFEE

CANDLES TICK COFFEE, 2155 Bayshore Blvd., 467-2442

HAPPY DONUT, 2600 Bayshore Blvd., 469-5309

### CREDIT UNION

NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738

### DAY CARE

CAROUSEL DAY CARE, 261 Hahn St., 469-5363

### DENTIST

VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5600

### DEVELOPERS

VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895

### ELECTRICAL

TATE ELECTRIC (Joel Tate), 467-4657

### FLORISTS

IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

### GARDEN ORNAMENTS

SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

### GROCERS

CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745

E-Z STOP MARKET, 2203 Geneva Ave., 585-9240

FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300

K.C. MARKET, 400 Wide St., 467-3024

LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520

LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878

PICCOLO PETE, 2155 Bayshore Blvd., 468-6800

7-11, 2200 Bayshore Blvd., 468-8646

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506

SUPER FAIR MARKET, 201 Leland Ave., 239-6866

TEDDY'S MARKET, 298 Teddy Ave.

### HERBS

SAN ON HERBS, 33-A Leland Ave. 333-7469

### HYPNOTHERAPY

VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

### INSURANCE

EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276

ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

### KITCHEN CABINETS

LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

### LAUNDRY/CLEANERS

BAY WASH, 44 Leland Ave.

CITY WASH, 83 Leland Ave., 333-9467

COIN WASH & DRY LAUNDRY, 186 Leland Ave.

FORTY-NINE CLEANERS, 51 Leland Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412

VALLEY LAUNDRY, 90 Leland Ave.

VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

### LEARNING

34-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555

VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907

VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

### LIBRARY

VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

### MANUFACTURER

NATIONWIDE PAPER, 345 Schwenn St., 586-9160

### MEDICAL

AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620

HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments: 715-0310

DR. SAM HO, MD, 9 Silliman St. No. 4, 337-6135

NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100

NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)

PORTOLA FOOT & ANKLE CLINIC (Dr. Dr. Yang Patel) 2658 San Bruno Ave. 467-7500

### NOTARY

ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

### ORGANIZATIONS

ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689

GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700

GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044

JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233

LELAND HOUSE, 141 Leland Ave., 405-2000

ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001

VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

### PHARMACY

VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

### PHOTOGRAPHER

WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

### PLUMBING

MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

### POST OFFICE

VISITACION USPO, 68 Leland Ave., (800) 275-8777

### REAL ESTATE

JUSTYNA P. TO (Century 21), 2488 Junipero Serra Blvd., Daly City 94015, (650) 991-5215, Mobile (415) 830-1235

CATHY KUINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex 163

### RESTAURANTS

BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023

CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd 330-0736, Fax 330-9813

G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283

HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

MISS MATTIE'S SUNFLOWER BLUES CAFE, 107 Leland Ave., 333-8854

PHO Y & G RESTAURANT, 73 Leland Ave., 469-5686

TWO JACKS, 167 Leland Ave., 337-0433

### SCULPTOR

CARTORIGINALS (Mikal Carlor), 2 Hahn St., 239-4138

### SELF-DEVELOPMENT

DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

### SERVICE PROVIDERS

THE VILLAGE, 1099 Sunnydale Ave., 239-5045

VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.

VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave.

VISITACION VALLEY COMMUNITY CENTER (VVO), 50 Raymond Ave., 467-6400

VVO FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027

VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJET), 1099 Sunnydale Ave., 239-2866

### TAVERN

THE CLUB HOUSE, 25 Blanken Ave.

### TELEPHONE

D & A WIRELESS, 78 Leland Ave., 452-4139

### VARIETY

GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

## On the Water

### Fishing for Spawning Bass with Larry Nixon

Among anglers, there is perhaps no more controversial topic than whether or not, as conservationists, we ought to fish for bass while they are spawning. Battle lines on this issue were drawn in the sand long ago - some northern laws that prohibit it date back to the 1800s - with no end to the argument in sight.

Those against fishing for bass during the spawn contend that it disrupts the breeding cycle, resulting in fewer fish in the future. However, studies indicate that fishing during the spawn, even if specifically for trophies, does not appear to harm the bass populations. Obviously, taking a spawn-ready female from the bed will, if she dies, reduce the numbers of young bass produced. But bass produce thousands of spawn every year, leaving the surplus millions of juvenile fish to become food for other species - so numbers aren't an issue. Further research has shown that if a big female hasn't spawned yet and is released in good shape, then it is likely she will spawn.

Contrary to some beliefs, a bedding bass is not easy to catch, particularly the big females. It is true that the small males are often aggressive in their guardian duties, but the trophy fish is very difficult to catch. To catch fish during this time of year, I use two methods, depending on whether or not the water is clear enough to see the beds.

If the water is reasonably clear, I look for hard-bottomed coves, a place where the bottom will be mostly pea gravel and chunk rock. Once there, I get on the deck of my boat and watch for the mostly round nests, areas that have been cleared off by bass fanning their tails. Once I spot a nest, I either look for a bass or its shadow. Once I spot the fish - be it a small male or a large female - I use my spinning reel, spooled with 10-pound Vanish (especially if the fish have already been

pressured), and cast a white, Texas-rigged Berkley PowerBait Flippin' Tube, with the hook barely piercing the skin of the bait.

I position my boat far enough away from the nest so as to not spook the bass, but close enough that I can still see what is going on. After casting just beyond the nest (if the fish hasn't already gone for the bait), I hop the tube into the nest, working it through the nest area searching for the "sweet spot." The sweet spot - for some unknown reason - is an area of the nest that, when a bait reaches it, will cause the fish to attack. It may take several minutes or several hours to get the bass to react, but when it does, it will turn itself sideways and scoop the bait off the bottom in an effort to remove the intruder from the nest - not always to eat it. Because the hook is barely in the bait, it will be easier to set the hook.

If the first approach doesn't work, a like to turn to a dark colored Berkley Gulp! Lizard and try the same tactics. However, unlike the white tube, the dark lizard is harder to see in the water. If the water is too murky to see the nests, try Carolina rigging in the shallows. And if you're after smallmouth bass, look for underwater cover to hold bedding fish.

Fishing the spawn can be fun, difficult and rewarding all at the same time. Just be sure to practice catch and release so that other anglers will have the opportunity to enjoy the fishing, too.

Larry Nixon is a former Bassmaster Classic winner with more than \$2 million in career earnings.

### Crossword Puzzle Solution

A	T	A	C	K	S	T	I	R											
S	U	P	E	L	A	N	C	A	C	O									
A	L	A	P	A	L	E	M	I	M										
T	A	R	S	I		Z	A	N	A										
						U	D	I	C	S	E	R	A	C					
P	I	P	E			D	I	D	O		I	L	A						
A	D	O				G	E	N	E	R		S	T	D					
S	E	L				M	A	C	E		O	K	I	E					
S	A	I	G	A		H	D	T	V										
						S	A	N	A		E	O	L	U	S				
I	S	H				A	D	A	M		E	R	A						
O	M	E				R	A	M	P		A	G	A						
D	I	A	R	E		E	D	I	T		D	I	E	R					

## Visitacion Valley Family and Community Services Center



*For a Better, Healthier, Safer Community for All*

## We Can Help You!

Complete immigration documents, assist with SF County paper work (Medi-Cal Welfare, etc.)  
parent education workshops, referrals to other services

### PARENTING SKILLS MINI WORKSHOPS:

Thursday, May 4  
5:30 pm - 7:30 pm

161 Leland

Parenting Skills Topics:

**May 4: Topic: Active Listening**  
To learn active listening skills, to learn how active listening relates to disciplining a child, to learn how active listening can build better communication.

### FREE DINNER and CHILDCARE!

Raffle for: 1 \$15 Target Gift Card  
and 4 Target Gift cards \$5 each

### 1st Annual Parents' Conference

Saturday, May 6  
8:30 am - 1:30 pm  
50 & 88 Raymond Avenue

### Free Workshops:

1. Building Healthy and Nurturing Relationship
2. Smart Shopping Eating Healthy
3. Literacy: Is it too early for your child to start reading?
4. Parenting Skills: How to listen and communicates with your child
5. Working together as family to build a better community

**FREE Continental Breakfast and Lunch**  
**FREE Childcare at 325 Leland Avenue**  
from 8:30-2:00 p.m.

## MAY 2006 Activities

All of the listed activities below are held at:

161 Leland

### Enhance Information and referral

Every Monday through Friday  
May 1 -





**Cathy began looking at Visitacion Valley real estate in 1949,  
and she's been out in front of the competition ever since.**

Cathy has been the most successful REALTOR® in Visitacion Valley for more than 20 years.

She was born and raised in the Valley, and has successfully represented buyers and sellers for years. She's actively involved in neighborhood charities and community events.

For all your real estate needs, call Cathy!



**Cathy Kline Saunders**  
Broker Associate, REALTOR®  
415.731.5000 ext 163

